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TO FILL AT
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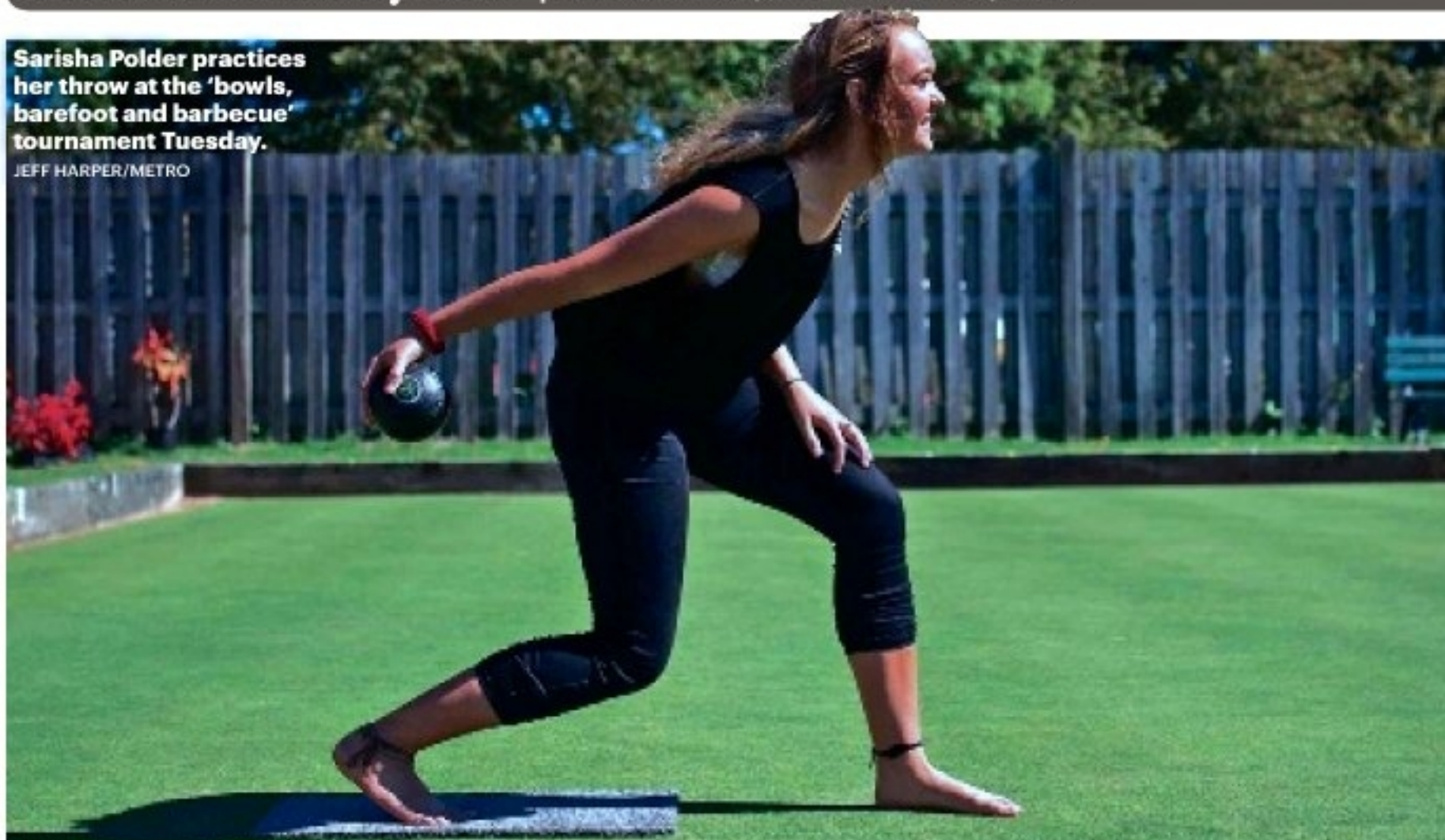


Your essential daily news | WEDNESDAY, SEPTEMBER 14, 2016

High 22°C/Low 13°C Partly cloudy

Sarisha Polder practices
her throw at the 'bowls,
barefoot and barbecue'
tournament Tuesday.

JEFF HARPER/METRO



BOWL-ING US OVER

Classic lawn sport getting a fresh look in Halifax

metroNEWS

Two charges in two days

ALLEGATIONS

Second member of military in Halifax accused of sexual assault

A second member of the Canadian Forces in Halifax has been charged with sexual assault in as many days.

Master Seaman Daniel Cooper, a naval communicator at Canadian Forces Base Halifax, faces one charge of sexual assault in connection with an alleged incident in November 2015, according to the Canadian Forces National Investigation Service.

Canadian Forces military spokesman Lt. (N) Blake Patterson said Cooper and the alleged victim, also a member of the Forces, were participating in a training exercise on board the navy's last remaining destroyer, HMCS Athabaskan, at the time.

Cooper has also been charged with one count of abuse of a subordinate in relation to the alleged assault and faces court martial on the two charges.

Capt. (N) Paul Forget of CFB Halifax said despite the charges, Cooper remains on active duty with the Naval Fleet School (Atlantic) pending the outcome of the military court.

On Monday, Sgt. Kevin MacIntyre, a military police officer who was also posted to CFB Halifax, was charged with one count of sexual assault in connection with an alleged incident in Glasgow, Scotland, last year.

MacIntyre and the alleged victim, also a member of the Forces, were participating in an international training exercise at the time.

The Canadian Forces National Investigation Service, the military police unit responsible for investigating serious crimes, took over the case and laid the charges.

THE CANADIAN PRESS



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Smooth sailing for Savage

MUNICIPAL MATTERS

Mayor launches re-election campaign aboard boat



Yvette d'Entremont
Metro | Halifax

Even mayors need to have fun.

That's one of the reasons Mayor Mike Savage decided to hold his re-election campaign launch in the middle of Halifax Harbour aboard Theodore Tugboat.

"Being mayor is a serious business but you've gotta have a little bit of fun," he told media and supporters during the event on Tuesday.

"I enjoy being mayor. There are frustrations and challenges that come with it, but I enjoy the opportunity to make a difference every day."

Smiles and smoothies, speeches and puns were all on offer as the mayor talked about his accomplishments over the past four years and outlined his plans for the next four.

Among his plans: protecting and enhancing Blue Mountain Birch Cove and other natural assets; finishing the Transit Re-do; moving ahead on commuter rail and the centre plan; and continuing to work with numerous stakeholders to prevent more

young lives being lost to violence.

Reporters aboard the mini harbour cruise asked questions about several issues, including crime.

"We do have areas of significant concern. We still have guns, so this week we brought forward the second iteration of trying to get guns off the streets through an amnesty," he said.

Savage was also asked whether he'd release a list of his campaign donors ahead of the election. He told reporters his list would be released afterwards. By law, a list of campaign contributions must be submitted by candidates within 60 days of election day.

Savage said campaign donations, limited to \$5,000 during the last municipal election, were now restricted to \$2,500.

As the tugboat approached the dock at the conclusion of the event, Justin Timberlake's 'Can't Stop the Feeling' started thumping on a sound system.

A group of Savage supporters sporting 'Let's Keep It Going' buttons cheered, clapped and danced on the dock where they were waiting for the tugboat's return.

Savage stood up and greeted them happily, a smoothie in his hand and a smile on his face.

Savage's only opponent in the mayoral race is Lil MacPherson, owner of The Wooden Monkey restaurant in Halifax.



Mayor Mike Savage launched his campaign Tuesday aboard the Theodore Tugboat with supporters, including violence activist Quentrel Provo, second from left. JEFF HARPER/METRO

84%

A poll released at the end of August by Halifax-based Corporate Research Associates showed Mike Savage ahead in the mayoral race over Lil MacPherson with 84% support across the municipality.





Vasek Pospisil admits that he has some big shoes to fill at this weekend's Davis Cup tie with both Milos Raonic and Daniel Nestor absent from the national team. MIKE HEWITT/GETTY IMAGES

Weakened hosts court concern

DAVIS CUP

Nestor KO adds to Canadians' fears ahead of clash with Chile

A lingering left calf injury has forced doubles star Daniel Nestor to skip this weekend's Davis Cup playoff, putting Canada in an awkward spot as top player Milos Raonic has already bowed out of the tie.

Canada's more experienced team had the advantage going into the best-of-five playoff against Chile, but the loss of two of their strongest players has the young Chilean team musing about an upset.



We're coming back to a place where the crowd has been really beneficial to our team.

Canadian captain Martin Laurendeau

"It was good news for us," Chile's Nicolas Jarry, ranked 484th in the world, told a news conference Tuesday when asked about Raonic's decision to stay on the sidelines.

"Now we have a lot more chances ... Now we can play more even. It's going to be a better tie for everybody. More fair."

At that point in the day, the Chilean team had yet to learn about Nestor's fate, even though there was widespread speculation he would not play.

Raonic, ranked sixth in the world, pulled out as he continues to deal with cramping issues that hampered him at the U.S. Open.

Nestor currently holds the No. 12 position in the world doubles rankings. The 44-year-



Daniel Nestor suffered a left calf injury. DANIEL SMITH/GETTY IMAGE

old said he pulled something in his calf before the U.S. Open, and he made the injury much worse by playing four games before withdrawing from the tournament in the first round on Sept. 1.

"I still wanted to come here and support the guys," Nestor said. "I'd love to be able to compete, but I think we have a more-than-capable team."

Canada is 12th in the Davis

Cup rankings while Chile sits at No. 23. The two countries have split their eight previous Davis Cup meetings.

Canadian captain Martin Laurendeau made it clear he believes his team still has a clear advantage playing at home on an indoor hardcourt the team knows well.

"We have to think about what's ahead and not about which guy is missing ... It's dis-

appointing for Milos and Daniel not to play, but it's opportunities for others to step in and make the most of this chance to represent Canada — to step up and play big."

Vancouver's Vasek Pospisil, who will handle the top singles role, said he's ready to fill some big shoes.

"On paper, it might be more pressure, but in reality it doesn't really affect me much," he said. "If Milos was here, I would still have to face the same opponents ... Putting more pressure on myself would not be a good thing."

Pospisil reached No. 25 in world singles rankings in early 2014 but has since slipped to No. 123.

He will be joined by Frank Dancevic (No. 224) of Niagara Falls, Ont., 17-year-old phenom Denis Shapovalov of Richmond Hill, Ont., and doubles specialist Adil Shamasdin of Toronto.

Shapovalov, currently fourth

+ HOW TO WATCH

The tie starts Friday at Scotiabank Centre with two singles matches, followed by doubles on Saturday and reverse singles on Sunday.

in the junior world rankings and the reigning junior Wimbledon champion, said he's ready for the competition.

"I think I'm handling it pretty fine," he said with poise when asked about the pressure of competing at such a young age. "I'm just excited to be here with these guys, with such an elite team. It's going to be a very fun week for me."

As for Shamasdin, he said he's ready for the tournament despite the short notice.

"For me, I've played in a tie already," he said. "I feel comfortable doing it again. I'm prepared." THE CANADIAN PRESS

VIRTUAL GAMBLING

Lottery's luck is in as profits soar again

Atlantic Lottery profits have risen for the third straight year to a record-setting \$431.6 million, as video lottery sales rebound and online gambling grows in the region.

The agency says in its annual report that profits to the four provinces total \$54.7 million more than last year, with sales growth in most areas.

The VLTs have been criticized by some anti-gambling advo-

cates as contributors to gambling addictions. However, the corporation says that the video lottery network and other terminal games introduced over the past two years contributed to revenue growth of over \$40 million this year compared to the year before.

The corporation says over the next year it plans to replace a number of VLTs, mainly in Nova Scotia, and seven new games will

be introduced. Meanwhile, the corporation says online gambling products grew by almost a third from the year before, producing \$27.5 million in lottery sales.

The 2015-16 report also says the provinces are missing out on millions of dollars in revenues because Atlantic Lottery hasn't introduced casino-style and poker games, which are currently thriving on websites run by offshore firms. THE CANADIAN PRESS

\$56.4M

Record sales on the national game Lotto Max alone accounted for \$54.6 million in gross profit, with the number of jackpot events double the number forecast, helping Atlantic Lottery's record year.

TRANSPORT

Ferry numbers only halfway to targets

Bay Ferries has released another round of passenger numbers, and with three weeks to go in the season the service is only halfway to the government's target.

Based on weekly daily averages the company carried around 30,982 passengers between June 15 and Sept. 11.

Prior to the season, the province and Bay Ferries said they were targeting a season count of around 60,000.

Bay Ferries president and CEO Mark MacDonald had said in March that the service would require around 100,000 passengers to break even and not require a subsidy. TC MEDIA

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Let the good times bowl

UNIVERSITY

Redesigning an old game for new players



Haley Ryan
Metro | Halifax

As other Halifax university students cracked textbooks and took notes in the first week of class, some kicked off their shoes in the sunshine and took to the grassy rinks.

About 23 NSCAD University students spent their first few days of the school year learning about lawn bowling for a design project, while also creating logos and crests to rebrand the game for the millennial generation and give leagues or events a hipster feel.

"I was really taken aback because I didn't know what lawn bowling was," Freya Poirier, a second year student, said with a laugh Tuesday after her team of three won the bowls tournament at the project's wrap-up event at the Wanderers Lawn Bowling Club.

"I had no idea how to play, but working as team it was really fun to learn the game and it's actually really difficult. It's a lot of skill and technique," she said.

The group was a mix of both fourth- and second-year students at NSCAD collaborating to create designs, which had to follow the "bowls, barefoot, and barbeque" concept where young people could play, have good food, perhaps try craft beer — all barefoot.

The aim of the game is to roll slightly asymmetrical balls (called bowls) closer to a small white ball (the "jack") than the opposing team, on playing areas divided into "rinks." It likely brings to mind more senior players than hipsters, NSCAD professor of design Glen Hougan said.



Doyoun Kim practises his throw at the Wanderers Lawnbowling Club as part of a 'bowls, barefoot and barbecue' tournament Tuesday. JEFF HARPER/METRO

This is the second time NSCAD has worked with the Wanderers club, and Hougan said he loves the idea of using design to bring new populations and ages into a community they've never thought about.

"The value of design is not just this pretty thing. It actually could be strategic thinking about how do you ... get younger members into playing? How do you reframe it?" Hougan said.

That inter-generational connection is something "we know we need more of" in today's society, Hougan said, and challenges the ageist narrative putting up stereotypes and perceptions around who can participate

in what.

Besides the NSCAD project, many young people have found bowls thanks to the Lawn Summer Nights fundraiser for Cystic Fibrosis that has events across Canada, including Halifax at the St. Mary's Lawn Bowls Club on the Northwest Arm.

Teams dress to the nines, whether it be with suspenders, perfectly-coiffed moustaches or matching summer dresses, which Poirier and teammates Meg Spindler and Devan Dube said adds to the fun.

"A lot of people our age are rather competitive. They like to have a drink, like to socialize and it's a very social game

so that all plays off each other nicely for our generation," Spindler said.

Vince Landry, a long-time bowler and Wanderers member, said seeing young people playing the game is "fantastic," over the last two years membership has nearly doubled.

Then there's the hipster love of taking something old-fashioned and putting a new spin on it, Poirier added.

"No one really knows of it ... so it's kind of like a new way for them to find a new trend, something fun to do with a group of friends," she said.

LAWN BOWLING 101

For dress code think collared shirts and slacks, non-slip shoes, often all in white and similar to golf wear.

The first recorded time the game was played in Nova Scotia was 1730, when British soldiers brought their wooden bowls to Port Royal.

There are six bowls clubs in the province in 2016 with members in social and competitive leagues. Falls are the most frequent cause of injuries in bowls, along with overexertion and being struck by a bowl. Ouch.

There can be four, three or two players per team, and like curling positions include lead, vice-skip and skip.



Students learn how to measure for scoring. JEFF HARPER/METRO



WATERFRONT FISH EAGLE HUNTS FOR DINNER An osprey looks for a catch along the Dartmouth waterfront this week. The bird — often called a fish eagle — is common to the area. JEFF HARPER/METRO

Man hit with bottle in bar's washroom

CRIME

Police ask for community's help to name suspect



Yvette d'Entremont
Metro | Halifax

Police are asking for the public's help to identify a suspect wanted in connection with an assault that occurred in Halifax last month.

In a media release, Halifax Regional Police said on Aug. 21 officers outside the Toothy Moose bar were approached by

a staff member at around 2:55 a.m. requesting assistance in relation to an assault that had just occurred inside the bar.

A 25-year-old male victim reported he had been assaulted while in the washroom by a man unknown to him. The victim was punched and struck in the face and in the head with a bottle. His wrist watch was stolen.

The victim wasn't able to provide a suspect description, but police are releasing pictures of the male suspect in hopes of identifying him.

Investigators are asking anyone with information about this man's identity or this incident to contact police at 902-490-5020. Anonymous tips can be sent to Crime Stoppers.



The man wanted in connection with the assault near the Toothy Moose. CONTRIBUTED

IN BRIEF

N.S. men facing steroid smuggling charges

Two Nova Scotia men appeared in court Tuesday to face charges of smuggling and distributing anabolic steroids. The Canada Border Services Agency said the investigation began when 500 grams of "Turinabol" was seized in a parcel arriving from China in 2015. METRO STAFF

LAHEY ROAD

Neighbours' dispute takes a violent turn

Halifax Regional Police have charged a woman after a dispute between two neighbours led to one being stabbed.

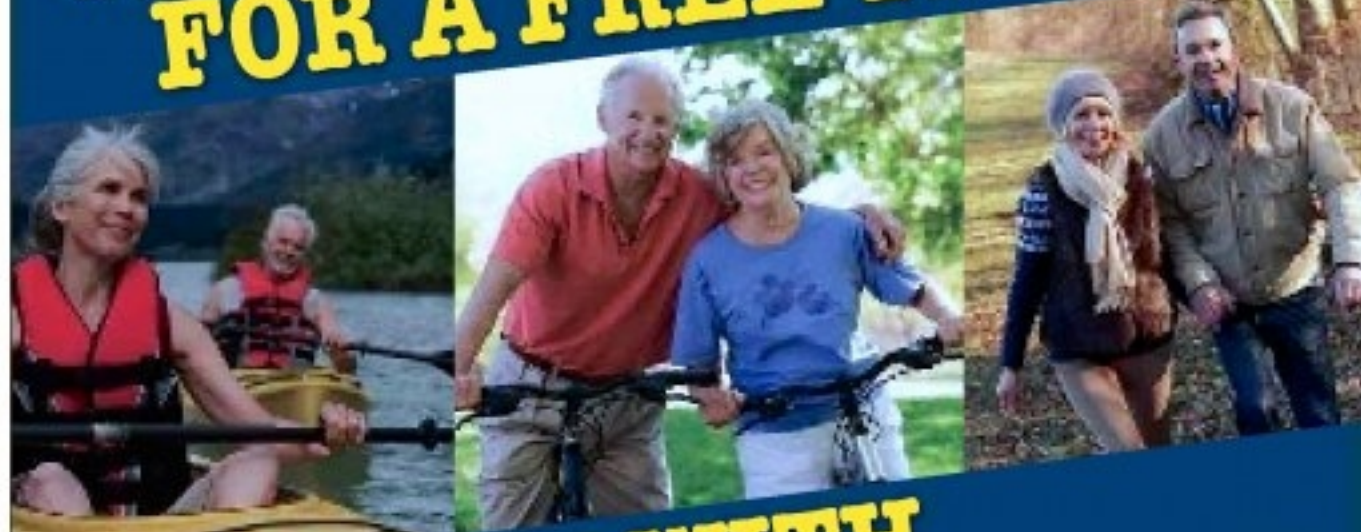
Around 9 p.m. Monday officers were called to the 0 to 100 block of Lahey Road regarding a dispute.

Police say the neighbours exchanged words with each

other, when one pulled out a knife and stabbed the other in the neck.

The victim was an 18-year-old woman and she was taken to the QEII hospital in Halifax with non-life threatening injuries. A 37-year-old woman is now facing weapons offences. METRO HALIFAX

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On April 19, 2012, Dave Wilson was sentenced to a nine-month prison term after admitting to defrauding the province of nearly \$61,000 over a five-year period as a result of what was described as a pathological gambling addiction. TC MEDIA

Convicted politician seeks second chance

CAPE BRETON

Former MLA to run for council following jail stint for fraud

A convicted former MLA is seeking redemption at the polls.

Dave Wilson, 60, will run for the District 10 council seat in next month's municipal election.

Wilson said he thinks everyone deserves a second chance, adding he's devastated over the hurt he caused his family, friends and constituents.

"Anyone who has ever had an addiction or has known anyone with an addiction knows they are tough to get over," he said.

"That addiction cost me everything. It cost me my job, it cost me my marriage, cost me respect in the community. It was hideous, that's what it was."

He said his mistake was a major one but other than that, he feels he was a good MLA, there to help people.

"I'm hoping people will give me a second chance," he said. "I was there to stand up on behalf of the people of the area,

and I did that."

"I'm telling people, 'You know that I can do it, I've done it in the past.' I'm just asking for that second chance to do it again."

On April 19, 2012, the former Liberal MLA was sentenced to a nine-month prison term after admitting to defrauding the province of nearly \$61,000 over a five-year period as a result of what was described as a pathological gambling addiction.

Court evidence showed Wilson submitted 36 false expense receipts over a four-year period, totalling \$60,995.

Wilson was also ordered to complete an 18-month probation period and to pay restitution to the province in the amount of \$60,995.

Wilson, who had previously only ever been issued a speeding ticket, said his downfall began gradually, with nights out with friends ending up at the casino or playing VLTs at a bar.

He said by 2008 his addiction

was uncontrollable. Knowing he'd be recognized at the Sydney Casino, most of his gambling was done at the Halifax Casino.

"At peak I'd could go to the casino after work at 6 p.m. and be there until 6 a.m. the next morning."

On March 11, 2010 Wilson resigned amid an investigation by auditor general Jacques Lapointe into multiple MLA expenses. Four MLAs were later charged with various expense irregularity offences.

"The day after I resigned I called up Addiction Services to make an appointment," he said.

When Wilson was sentenced in April 2012, he said it was "the darkest day of my life."

He said a horrifying four months followed in the old Antigonish county jail, a minimum correctional facility.

"To me it was pure hell."

He was on the second floor of the facility in a dormitory setting with seven other inmates, two to a room. He spent his time

thinking and reading.

"To be truthful, the only thing you'd think of in there was getting through the day, day-by-day."

On Aug. 29, 2012 Wilson was released on parole after serving four and a half months of the sentence. Wilson was advised that perhaps he should move away for a while. He said the thought never entered his mind.

"I wasn't going to run away and I wasn't going to hide," he said. "Glace Bay is my home."

Wilson began thinking about running in the municipal election a year ago but made the decision to go for it about three months ago.

As a former elected official, what he said he missed the most was the feeling of being able to truly help people in his community.

He said there were constant calls, ranging from people needing assistance from social services to people with concerns over potholes.

"There's nothing more rewarding than being able to help someone, big or small. To them it's a big problem no matter what it is; they are looking for help and they are looking for guidance." TC MEDIA

"I wasn't going to run away and I wasn't going to hide. Glace Bay is my home."

Dave Wilson

Federal Tories hope to win back Atlantic voters

POLITICS

Regional issues, leadership hopefuls focus of meeting

Interim Conservative leader Rona Ambrose told MPs and senators they need to earn back the trust of Atlantic Canadians, who did not elect a single Conservative last year under the leadership of Stephen Harper.

The federal Conservative caucus gathered for a two-day retreat in a downtown Halifax hotel Tuesday, hoping an east coast sojourn might help them regain ground in the region.

Ambrose criticized how the federal Liberals have treated the region since coming to power, naming an Ontario MP as minister responsible for the Atlantic Canada Opportunities Agency, and suggesting the east coast may lose its historic seat on the Supreme Court of Canada.

"They're already taking all the support they've received for granted," she said to caucus applause. "The people of Atlantic Canada deserve representation on the Supreme Court and that is what we are fighting for."

MPs acknowledged they had an uphill battle trying to win over voters who turned their back on the party, electing Liberals in all 32 seats. That followed the election of 14 Conservatives in Atlantic Canada in 2011.



Leadership hopeful Lisa Raitt arrives at the national Conservative summer caucus retreat in Halifax on Tuesday. The two-day event will allow the party to prepare for next week's return of Parliament. ANDREW VAUGHAN/THE CANADIAN PRESS

As well, all four Atlantic provinces have Liberal governments.

Lisa Raitt, MP for the Ontario riding of Milton, said her focus will be on boosting the economic fortunes of the region through job creation and stemming the loss of people to other parts of the country.

"I grew up here in Cape Breton and for 40 years I watched Liberal governments try to put money into the hands of indi-

viduals instead of trying to help individuals start small businesses," she said.

Conservative MP Erin O'Toole, who also has ties to the East Coast through his time with the Canadian Forces, said the first thing the party has to do is hit the streets and let people know they're aware of issues important to the region, like the economy and military.

"We were united in the fact

that we wanted to come to Atlantic Canada to show that one of the true disappointments of the election was not having a foothold here," he said.

Ontario MP Michael Chong said the party needs "to speak to the real challenges that people in this region face — challenges with seeking employment and challenges of supporting families."

The caucus met with the

+ PETER MACKAY

One prominent Conservative who might have helped an Atlantic revival, former Nova Scotia MP Peter MacKay, announced Monday on the eve of the retreat he would not enter the Conservative leadership race.

"It's a bit of a loss because he would have been an outstanding candidate and I think he would have had a very good chance to win," Ontario MP Peter Van Loan said.

Raitt said she will announce soon whether she will toss her hat in the ring with declared candidates Maxime Bernier, Chong, Tony Clement, Kellie Leitch and Deepak Obhrai.

leaders of the four provincial Conservative parties, several of whom said they were pleased it chose to hold its planning session for the upcoming parliamentary session in the seaside city.

"Being on the ground, talking to people, having that face-to-face — that's the way you regain that support," said Bruce Fitch, New Brunswick's interim PC leader.

"We need a partner in Ottawa on the opposition side to defend this part of the country," said Nova Scotia Conservative Leader Jamie Baillie. THE CANADIAN PRESS

SKILLED TRADES

Province, feds invest in youth

Nova Scotia youth will benefit from a \$15.2 million investment that will help construct a Trades Innovation Centre at the Nova Scotia Community College (NSCC) Pictou Campus in Stellarton.

This joint federal-provincial investment was announced Tuesday by Labour and Advanced Education Minister Kelly Regan and Sean Fraser, MP for Central Nova, on behalf of Navdeep Bains, Minister of Innovation, Science and Economic Development.

"This is an example of government creating opportunities for young Nova Scotians. A career in the skilled trades is a smart choice," said Regan. "A new educational Trades Innovation Centre at the Pictou Campus will give students a modern shop space where they can learn their trades and become part of a highly qualified, specialized workforce, ready to discover and take advantage of the great opportunities here in Nova Scotia."

The Trades Innovation Centre will provide a modern, high-performance shop space for today's specialized labour force.

Of the \$15.2 million investment, \$8.3 million will come from the province and \$6.9 million from the federal government.

The federal funding is allocated through the Post-Secondary Institutions Strategic Investment Fund which helps modernize research facilities on Canadian campuses and improves the environmental sustainability of these facilities. TC MEDIA



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Global Fund gives hope to Zimbabwe activist

MONTREAL

Loyce Maturu leads charge in fighting AIDS, tuberculosis

Loyce Maturu sat in the darkened railway committee room of the Parliament Buildings on Tuesday watching a video of two fellow African activists — a Kenyan mother and daughter — playing for a reception of several dozen invited guests.

Maturu, of Zimbabwe, outlived her own mother, who succumbed to AIDS and tuberculosis along with Maturu's sole sibling, a brother who only made it to his sixth birthday.

"It really makes me feel that had the Global Fund been in Zimbabwe earlier, my mother and my younger brother would be alive today and I wouldn't have gone through many challenges," Maturu said.

The 24-year-old woman persevered and was in Ottawa in full activist mode Tuesday, ahead of this weekend's international pledging conference in Montreal to replenish the Global Fund to Fight AIDS, Tuberculosis and Malaria.

Prime Minister Justin Trudeau will lead an international cast of politicians, philanthropists and celebrities, including UN Secretary General Ban Ki-moon, Bill and Melinda Gates and the Irish rock star and activist Bono in an attempt to raise \$13 billion to carry the fund through its next three years.



Loyce Maturu was in activist mode Tuesday, ahead of this weekend's international pledging conference in Montreal to replenish the Global Fund. ADRIAN WYLD/THE CANADIAN PRESS

Canada already committed \$785 million earlier this spring, when Trudeau announced he would host the conference.

The conference will come days before Trudeau travels to New York, to attend the annual UN General Assembly meeting. He is expected to give his maiden address to the world body.

Trudeau's office says he will be pushing an agenda of "divers-

ity, human rights, the need for gender equality," aimed at furthering the 2030 Sustainable Development Goals.

The backdrop for all of this is Canada's pursuit of a non-permanent seat on the UN Security Council in 2020. Canada's UN ambassador Marc-Andre Blanchard has told The Canadian Press that a commitment to international development would be a key

component of that campaign.

Last month, Trudeau answered the call of Bono's international advocacy group, ONE Campaign, when he declared that "poverty is sexist." But in a weekend interview, Bono said he would still like to see Canada to commit to the UN spending target for foreign aid - 0.7 per cent of gross national income.

THE CANADIAN PRESS

POLITICS

Doug Ford to promote new 'Ford Nation' book

A new book about Rob Ford and his family will "rock" the political and media worlds, the brother of Toronto's late crack-smoking mayor announced Tuesday amid speculation he is toying with the idea of running for the Conservative party leadership.

Doug Ford, a former Toronto city councillor, said he would be touring the country to promote the book titled "Ford Nation: Two Brothers, One Vision: The True Story of the People's Mayor."

"When this comes out, from the prime minister to the premier to the mayor, it's going to rock the media world, it's going to rock the political world," Ford told a crowd of reporters gathered in the backyard of his mother's house in Toronto.

"It's going to have stories that no one here has ever heard, no one in the country has ever heard." Asked whether he would consider jumping back into politics, Ford said he would "within about a year."



A poster promoting the book Ford Nation, Two Brothers, One Vision: The True Story of the People's Mayor CP

"I can assure you I will be running politically," he said.

"I don't know if it's going to be holding the mayor accountable ... or the premier that runs up an over \$300-billion deficit, or our new prime minister, running around taking pictures with Vogue rather than worrying about jobs and the finances of this country."

HarperCollins Publishers Ltd. has acquired rights to the book, which will be published on Nov. 22. THE CANADIAN PRESS

LABOUR

Wage hikes won't cost jobs: Alberta premier

Alberta Premier Rachel Notley says it was time to lock in minimum wage increases that guarantee workers will be paid \$15 an hour by 2018.

The government has had extensive discussions with stakeholders and economists, Notley said in Calgary on Tuesday. The increases are sustainable and provide a fair wage for those who need it the most, she said.

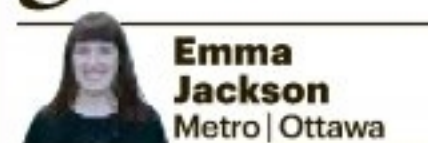
When asked about potential job losses, she said she didn't think that will happen.

A day before, Labour Minister Christina Gray announced cabinet had passed the required regulation to not only raise the rate to \$12.20 an hour this October, but also to boost it again in October 2017 and once more in October 2018.

THE CANADIAN PRESS

GATINEAU

'Sexist' campus game investigated



Emma Jackson
Metro | Ottawa

The director of Gatineau's Université du Québec en Outaouais says he won't stand for sexual harassment on his campus after a highly sexual game sparked an angry backlash last week.

As part of Les Jeux de la Communication, an annual competition between francophone universities, the UQO's team leaders circulated a list of tasks — called the 12 Labours of Hercules — that awarded points for things like kissing a girl, snapping a photo of an exposed bra and taking part in a wet T-shirt contest.

The game was widely condemned on social media as perpetuating rape culture on campus. The event's three leaders have since stepped down.

University director Denis Harrison has launched an investigation into the students' conduct, which could mean even heavier consequences for the game's creators. "Management at UQO does not tolerate sexist conduct, nor discrimination or sexual harassment," Harrison said in a statement. "Sexual harassment in its various manifestations is unacceptable. This commitment on our part must be shared by teachers, students, staff of the university and by the associations and unions, because we are all concerned by this."

COURTS

Judge OKs camera in court for Vader verdict

A judge will allow a news camera to broadcast the verdict Thursday in the trial of a Travis Vader, accused of killing two Alberta seniors. Justice Denny Thomas said it will increase the public's confidence in the judicial system, but added it's a one-time ruling. "The making of this decision will provoke interest in the (verdict) decision on Thursday," Thomas said Tuesday.

The CBC, the Edmonton Journal, Global News, CTV and The Canadian Press had asked the judge to allow the camera in court. They argued there is public interest because of the cost of the investigation and trial. THE CANADIAN PRESS

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CARIBBEAN 3D PRINTING TAKES A DIVE UNDER THE SEA Vast coral reefs surrounding the island of Bonaire are considered by many experts to be the healthiest and best-protected in the Caribbean, and that makes it an ideal spot to test whether 3D printing technology can help preserve these marine habitats. A new project seeks to use the rapidly developing layered printing technology to design structures that are virtually identical to natural coral formations. They hope this will foster natural growth of the reef faster than other methods. COURTESY TOURISM CORPORATION BONAIRE

Trump 'not fit in any way': Obama

U.S. ELECTION

President makes case for Clinton and his own track record

After a bruising weekend for Democrats, President Barack Obama on Tuesday mounted a vigorous defence of Hillary Clinton, her campaign's transparency and her fitness for the presidency, and blasted Republicans as fanning "anger and hate."

Obama painted a stark picture of the stakes in the face-off between Clinton and Republican rival Donald Trump and tried to persuade Democrats in make-or-break Pennsylvania he's all-in behind his former secretary of state and his onetime rival.

"Hillary Clinton is steady and she is true," Obama told a group of Democrats at an outdoor rally.

Obama aggressively stepped into a void left by Clinton, who is taking time off from cam-

paing after being diagnosed with pneumonia.

Without mentioning Clinton's health, Obama dove into the political fallout of Sunday's episode in New York. To an audience of roughly 6,000 supporters in downtown Philadelphia, Obama argued that Clinton has been more transparent in providing health and financial records than her rival, as well as releasing her past tax returns while Trump refuses to release his.

Even more, he described the former New York senator who ran against him for the Democratic nomination in 2008 as the most qualified presidential candidate, and Trump as "not fit in any way shape and form to represent this country and be its commander in chief."

Trump was scheduled to campaign later Tuesday in Pennsylvania.

At times during his 30-minute speech, the crowd broke into cheers of "Thank you! Thank you!"

Trump has fashioned him-

+ COLLABORATION

U2 lead singer and activist Bono says working with a Trump administration to fight poverty would be his biggest challenge — "by far." He said he's still trying to figure out how he would deal with the party's current nominee, Donald Trump.

THE CANADIAN PRESS

self as a working-class hero, Obama said, after "70 years on this earth showing no concern for working people." He accused Trump of being unprepared, unserious and "not a facts guy."

At the rally, Obama made both the case for Clinton and for his own presidency. He claimed successes on diplomacy, health care, winding down the war in Afghanistan and reviving economy.

"Thanks, Obama," the president joked, turning a popular internet meme on its head.

THE ASSOCIATED PRESS



Angelique Arsenault CONTRIBUTED

NEW HAMPSHIRE

Hitching to get hitched

After waiting 11 years to marry her groom, a flat tire wasn't going to stop a determined New Hampshire bride from walking down the aisle on her special day.

With her limo rendered inoperable along an infrequently travelled road in Brookline, Angelique Arsenault stuck out her thumb and hitchhiked to the wedding venue in nearby Milford on Saturday.

Arsenault says her bridal party just laughed after receiving word of the flat tire from their driver.

With confidence fuelled by champagne, Arsenault in her white dress was able to flag down a passing motorist who gladly helped get her to the altar — albeit 30 minutes late.

Despite the small hiccup, Arsenault says the rest of her wedding was "amazing" and she now has a story her family will remember forever. THE ASSOCIATED PRESS



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Canada's exotic appetites growing

FOOD

Fine dining restaurants drive surge for unusual meat

Once a week Peter Sanagan brings a whole wild boar carcass to his Toronto butcher shop. He divvies it up into chops and other cuts, selling it to adventurous eaters who wander into the Kensington Market store.

While more familiar meats like beef and pork account for up to 90 per cent of sales at Sanagan's Meat Locker, the remainder comes from people seeking so-called exotic meats like wild boar. Game birds are popular, too.

"When in season, we'll have things ... like pheasants and partridges and squabs, wild turkey," Sanagan says.

Though exotic meat consumption is not well tracked, demand for it appears to be rising and some industry insiders and watchers say that's likely to continue as foodie culture grows.



Camel sausages, left, and Kangaroo meat, right. Some industry insiders and watchers say rising demand for exotic meats is likely to continue as foodie culture grows. ISTOCK

In Canada, consumption of less traditional meats like horse, venison, camel, rabbit and game grew an average of 10.6 per cent a year between 2010 and 2015, according to estimates from market research firm Euromonitor International.

Euromonitor's numbers exclude some meats many would consider exotic, like buffalo and guinea fowl, which fall under different categories it tracks. The firm doesn't have

consumption estimates for meats like ostrich, zebra or bison.

Fine-dining restaurants are the main drivers of these types of meats' surge in popularity, according to Michael von Massow, an assistant professor at the University of Guelph's department of food, agricultural and resource economics.

Diners are seeking a culinary experience they can't get at home, he says. That means the nice pasta dishes that im-



pressed a decade ago are out, thanks to the Food Network churning out home cooks.

"Restaurants are pushing the envelope to try and give us an experience," says von Massow.

Canadian chefs have been experimenting with horse, quail, kangaroo and other meats. Toronto restaurant The Beast, for example, allows customers to pick from a list of animals, like water buffalo or elk, and will create a six-course tasting menu using the whole

animal.

But it's not just chefs wanting to experiment with different proteins.

Shai Bomze, director of sales for Toronto meat distributor La Ferme, says that while his company mainly supplies exotic meats to fine-dining restaurants, they do supply some of their product to high-end butcher shops and privately owned grocery stores.

These types of products come with premium price tags.

At Sanagan's Meat Locker, its owner says wild boar costs between \$12 and \$22 a pound, venison and elk runs \$18 to \$30 a pound depending on the cut, and game birds range from \$15 to \$30 a piece based on size.

Bomze attributes some of the demand for exotic meats to Canada's multicultural population, saying some of these products are considered staples in various cultures present in the country. La Ferme's most popular exotic meats include duck, bison and venison, he says.

Mainstream grocery chains have also got into the exotic meats game.

Loblaws, for instance, sells elk, venison, bison and wild boar at some of its grocery stores — and the company has seen an increase in sales year-over-year for these products, a Loblaws spokesperson said in an email.

"Canadians are looking to mix it up in the kitchen," noted Sal Baio, senior vice-president of Market Fresh at Loblaws, in a statement. "More people are ... cooking for taste and entertainment, rather than just for fuel."

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CAFÉS

Starbucks ready to post calorie counts

Starbucks customers will soon have another consideration besides price when deciding between that grande and venti — calories.

The coffee behemoth says it's going to start posting calorie counts on all its menu boards across Canada starting Sept. 29, with pastry-case labeling to follow on Nov. 2.

"We will be the largest national retailer to fully provide caloric information on menu boards in store," said Starbucks Canada president Rossann Williams, who will make the announcement Wednesday.

The java chain is getting the jump on a new Ontario menu law that takes effect in January. By 2017, all restaurants, fast-food locations, movie theatres, supermarkets and convenience stores that serve hot food with 20 or more locations in the province must post calorie counts for each item on their menus, menu boards, on tags in display cases and at drive-thrus.

Seattle-based Starbucks already made the move in 2013 in the U.S.

Another chain that started early in Ontario is the Firkin Group of Pubs, which released a new menu in May that in-

cludes calorie counts for each dish at its chain of 27 restaurants — though the lettering is rather tiny. The act says calorie counts must be displayed "in at least the same size, font, format and prominence as the name/price of the standard food item."

Major chains including McDonald's Canada, Cineplex and Cara Foods — which owns Swiss Chalet, Harvey's, Montana's, Milestones, Casey's, Biermarkt, Kelsey's, New York Fries, Prime Pubs and East Side Mario's — have confirmed that they are working on it and will be compliant by January.

TORSTAR NEWS SERVICE



How many calories are in this chile mocha latte? Starbucks will soon reveal it on their menus. TORSTAR NEWS SERVICE

IN BRIEF

Rise in rates trouble for some, TransUnion says

Up to a million Canadian borrowers could face problems paying their debts if interest rates rise by a full percentage point including some of the highest rated consumers, a report by TransUnion suggests. The agency said while most Canadians will not be impacted in the near term by an interest rate increase, there is a "material subset" that may be challenged.

THE CANADIAN PRESS

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EMMA TEITEL ON MILLENNIALS' JOB WOES

MP Niki Ashton is in the middle of a cross-country tour of sorts, hosting town halls on the subject of precarious employment, listening to the grievances of young people from coast to coast

Early last week, on a stormy evening in downtown Toronto, 34-year-old New Democrat MP Niki Ashton led a town hall discussion about "Precarious Work in the Millennial Generation."

Ashton, MP for the Manitoba riding of Churchill-Keewatinook Aski and is the NDP critic for jobs, employment, and workplace development, spoke to a group of about 40 people — most of them under 40 — in a drab room at the United Steelworkers Hall.

At the back of the room on a table near the door, there was complimentary coffee in self-serve, cardboard carriers from a nearby Krispy Kreme. And up front, there was a lot of anxiety.

A nearly broke 30-year-old sommelier and waiter lamented the lack of advanced scheduling and regulation in his industry; "my dream," he said, "is to be in the black."

A woman, who said she was there speaking on behalf of her 20-year-old niece, asked Ashton what could be done about employers who take advantage of their young charges.

And a young man who said he worked in the Trump hotel, of all places, told a story of bad bosses and worse luck.

Almost everyone sought lower tuition fees, a \$15 or \$20 minimum wage and an end to a culture of crappy contracts for young people that offer no security.

Some liked the idea of "floating benefits," a dental

Elected officials, like our crotchety uncle, love stories about that 'one guy' who confirms everything wrong with kids these days.

plan, for example, that follows a person from job to job. Others, in traditional NDP fashion, wanted everything and more: an overhaul of the system as we know it.

Ashton took notes and like a northern Obama, she thanked "folks" for sharing. But she couldn't and can't — at least not yet — offer any-



VOICE OF A GENERATION Niki Ashton is helping young people get jobs in a precarious labour market. She has been holding a series of meetings and interviews across the country to find out the depth of the problem. **RICHARD LAUTENS/TORSTAR NEWS SERVICE**

thing in the way of a policy antidote to their woes.

This is because the MP is in the middle of a cross-country tour of sorts, hosting town halls on the subject of precarious employment, listening to the grievances of young people from Halifax to the West Coast who feel they will never be able to settle down, have kids or (the biggest long shot, especially in Toronto and Vancouver) buy a house.

Ashton will present the findings of her tour — and, she hopes, some policy solutions to the problem of precarious employment — at a forum in Ottawa at the end of October.

The MP sat down with me the morning after she led the town hall in Toronto, and though she couldn't tell me in

specific terms how she would make life better for the 18-34 demographic, she did tell me this: In order to achieve any meaningful change, we need to first dismantle the popular stereotypes that millennials are "lazy" and "disinterested."

"This requires a shift in mentality," Ashton said, highlighting the fact that after she

writes about precarious labour on social media, "I still have to go on my own politician Facebook page and erase comments like, 'Oh get a job.'"

The narrative of the ingrate millennial is so entrenched in our culture, she said, it turns up in places where people should really know better.

For example, Ashton told me that in the spring, she was at a committee meeting on employment insurance when a witness "went on and on about how millennials just don't want to work."

"This person made reference to some guy bringing his mom to a job interview," Ashton said, "and even though the meeting was about EI and not this one guy, this is what my colleagues on both aisles chose to hook onto."



There was no evidence, she said, as to who "this guy" was or whether he was representative of a larger group of lazy people his age, and yet some of the older policy-makers in the room determined that "this was a real problem."

Yes, apparently, our elected officials, just like your crotchety uncle, enjoy sharing stories about that "one guy" who just so happens to confirm everything wrong with kids these days.

The funny thing, however, is that Ashton — a member of Gen Y, albeit an old one (her contemporaries include Nicki Minaj, 33, and Drake, 29) — has been characterized as a stereotypically flaky and hypersensitive millennial herself.

This was evident when she took a day trip to the campaign offices of Bernie Sanders earlier this year, and was more or less characterized in the press as a kid playing hooky to see a rock concert. "I guess I hit a slow news day," she recalled. "Because everybody and their dog was into it."

And who can forget Elbowgate in May, when Ashton made the ill-advised and, frankly, absurd suggestion that Trudeau's accidental elbowing of a fellow MP on the floor of the House of Commons contributed to an unsafe workplace for women.

In the end, then, Ashton isn't just battling negative perceptions about an entire generation, but negative perceptions about herself, too.

She hopes, however, that by making the issue of precarious millennial labour official, via "town halls" like the one she conducted last week, older leaders and perhaps the public at large will have a change of heart.

I hope so, too.

Emma Teitel is a national columnist for the Toronto Star.

You know what's really unlikable? A label that's unfairly applied to women



Vicky Mochama
For Metro

Hillary Clinton is the least likable Democratic presidential candidate in history.

So we've been continually told. (And unfortunately there are no metrics attesting to Polk's temperament in 1844.)

Likability is one of the many traps for women, alongside the gender pay gap. Others include lack of free birth control and 98 types of volumizing mascara. The reasons that Clinton scores low on likability can seem important and serious, and yet those reasons are entirely gendered.

In a post for Humans of New York, she writes about learning to keep her feelings in check: "I had to learn as a young woman to control my emotions. And that's a hard path to walk. Because you need to protect yourself, you need to keep steady, but at the same time you don't want to seem 'walled off.'"

Ever since, Hillary, like many women, has been adding bricks to the wall around her emotions. It's a familiar trope. For women who work with men, protecting emotions are also about protecting yourself from the feelings — anger among them — of men. If Ginger Rogers did everything Fred Astaire did but backwards and in heels, then she probably never showed how much it hurt

or told him when ideas were actually hers.

Likability is a lie wrapped in data that says very little about the kind of leader you might be getting. With enough media training and staged affability, even the Terminator could achieve a sort of Dennis the Menace-like charm.

When applied to female politicians, likability takes a dangerous turn. It takes so little for a woman to become a "bitch," but there's hardly an equivalent term for men. (Go on, think of a word, I'll wait.)

A woman has to take the right tone, wear the right clothes, laugh at the jokes of men who truly aren't funny and allow others to take her ideas. Countless advice books teach women how to make themselves smaller and more palatable. And most of those books are written by white women. What's one to do if one's hair is different or if it's covered? What about larger ladies or those who weren't born women?

Likability doesn't get things done. If it did, Tom Hanks would be president.

In over forty years of public life, Clinton has gotten things done. Saying Hillary is the least likable candidate sounds to me like saying, "She's the candidate most like a successful woman."

Vicky Mochama is a writer and host of Commons, a political podcast.

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In *Neruda*, Gael García Bernal plays Óscar Peluchonneau, a wiry moustachioed cop hunting down the Chilean poet. On Tuesday, it was revealed the film is Chile's Oscar submission for next year.

HANDOUT

INTERVIEW

Cast brings a little bit of Latin America to Canada

Eva Salinas
For Metro Canada



While sitting down for a taco lunch Tuesday at the Intercontinental Hotel in Toronto, actor Gael García Bernal politely addresses a waiter: "Excuse me — I'm Mexican," he says. "And I'm Chilean," adds director Pablo Larrain, next to him.

This is no personal introduction to the wait staff — it's a request for hot sauce.

A little more Latin America in Canada, please.

But spice aside, García Bernal and Larrain had already boosted the Latin presence at the Toronto International Film Festival this week when they arrived to premiere *Neruda*, an alt-biopic of the renowned Chilean poet Pablo Neruda. They were also joined by cast member Luis Gnecco, who plays the title role, to discuss the film, poetry, art, and Latin American culture.

"What I'm impressed about and makes me feel like a spectator of the movie, in the best sense of the word, is how (Lar-

rain and writer Guillermo Calderon) intertwined everything so that all of a sudden, without knowing, the audience is like 'S—, I'm inside a poem,'" García Bernal says.

García Bernal plays a wiry, mustachioed cop hunting down the communist poet — who at the time was wanted for arrest — all the while doing a bit of soul searching of his own. The result is a melodic game of cat and mouse, with beautiful Chile as the backdrop.

Larrain says the cop character wasn't included in the original treatment of the film when they set out to write it five years ago.

"I said to my brother (pro-

ducer Juan de Dios Larrain) we can't make this movie, forget it. We can't make a docudrama or, like, a Sunday night show about Neruda, it would be impossible. So we brought in the cop and that's when the fun started: the friction between two characters."

It's a reunion for the three

who worked together on Larrain's 2012 film, *No*, in which García Bernal played an ad executive out to persuade Chileans to vote 'No' against dictator Augusto Pinochet in the 1988 plebiscite.

Both García Bernal and Larrain have other films at TIFF this year — the former act-

ing in Werner Herzog's *Salt and Fire* and Larrain with his buzzed-about Jackie, another alt-biopic about Jacqueline Kennedy, starring Natalie Portman.

But it is *Neruda* that tells the story of one of the most influential, complex and adored Latin American artists — a nod to the trio's love not only for film and art, but to telling stories from home.

"He was a communist; he was an expert on food; a collector; he was expert on crime novels; he loved women. And he was probably one of the most important writers of our language," Larrain says.

A little bit of Latin America, indeed.



He was one probably one of the most important writers of our language

Director Pablo Larrain, on poet Pablo Neruda, portrayed in his film by Luis Gnecco, pictured left

LITERATURE

Two Canadian authors shortlisted for Man Booker Prize

Two Canadian authors have made the short list of six writers for the Man Booker Prize.

Vancouver-born Madeleine Thien and Montreal native David Szalay were nominated in London early Tuesday along with two American and two British authors also vying for the prestigious award.

Szalay, who is now based in Hungary, received the nomination for his book *All That Man Is* (McClelland & Stewart).

The story is set in various European cities and follows the lives of men at different

stages in their lives, from their teens through old age.

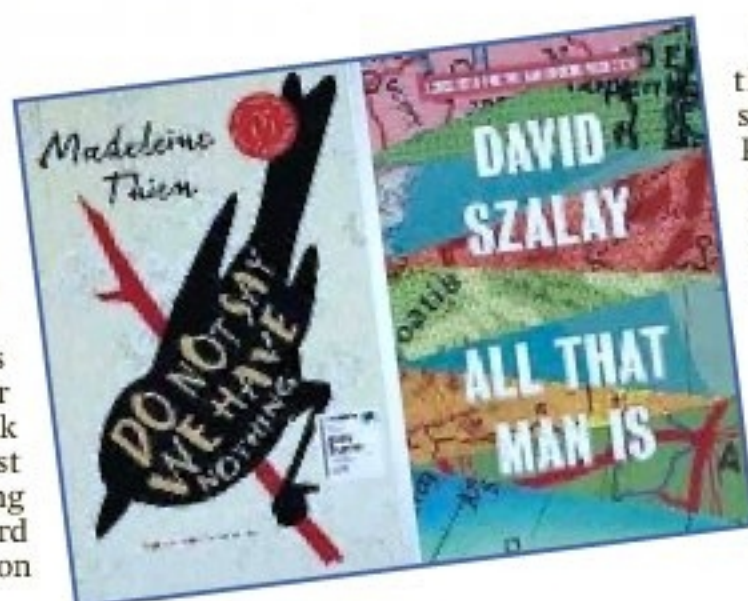
Thien was recognized for *Do Not Say We Have Nothing* (Knopf Canada). The story is set in China before, during and after the 1989 Tiananmen Square protests.

Thien, now based in Montreal, told The Canadian Press last month when she made the Man Booker long list that the heart of her story involves three Chinese musicians who are studying Western classical music at the Shanghai Conservatory of Music in the

1960s.

The novel explores the revolution that occurred under Mao Zedong and the many political campaigns that pulled apart people's lives.

Thien's book was also longlisted for Canada's ScotiaBank Giller Prize just last week. The winning author of that award will be announced on Nov. 7.



The other authors on the Man Booker Prize short list are Americans Paul Beatty for *The Sellout* and Ottessa Moshfegh for *Eileen* plus British writers Deborah Levy for *Hot Milk* and Graeme Macrae Burnet for *His Bloody Project*.

Founded in 1969, the award had previously been open to writers from Britain, Ireland and the Commonwealth, but was expanded in 2014 to

include all English-language authors.

The winner of the 50,000 pound (C\$87,000) prize will be named on Oct. 25. Each of the six writers on the short list receive 2,500 pounds (C\$4,300).

The British literary award, which usually brings the victor a huge sales boost, is named after its sponsor, financial services firm Man Group PLC.

Jamaican writer Marlon James won the 2015 Man Booker Prize for his book *A Brief History of Seven Killings*.

THE CANADIAN PRESS



PSYCHOSIS: NEW PERSPECTIVES, BRIGHT HORIZONS

Schizophrenia Society of Canada National Conference
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SCHIZOPHRENIA SOCIETY OF NOVA SCOTIA

A new dawn for mental health

Upcoming conference offers greater understanding of schizophrenia thanks to diverse perspectives

For Dr. Phil Tibbo, the complexities and challenges of schizophrenia began to resonate back when he was doing his residency in psychiatry. "There's a huge variety in how the illness can affect people," he says. "It has a fairly significant impact, and I'm drawn to that because you want to try to decrease that impact for people, and on families as well."

Dr. Tibbo, a psychiatrist with Capital Health in Halifax, is among some 30 presenters at the Schizophrenia Society of Canada (SSC)'s Psychosis: New Perspectives, Bright Horizons, an annual conference that takes place at the World Trade and Convention Centre in Halifax this Oct. 27 and 28. More than 200 delegates are expected to attend from across Canada.

Diane MacDougall is the executive director of the Schizophrenia Society of Nova Scotia (SSNS), the provincial society that has organized this year's SCC conference. She says the two-day event will help create awareness and enlighten people about the disease's myths and facts "to minimize a fear-based gut reaction."

Ongoing research and support can change outlooks for people with a diagnosis of schizophrenia, she notes.

This year's presentations touch on topics ranging from how to build respectful, person-centred relationships that convey hope and empowerment, to "schizophrenia" being used as an umbrella term for several disorders, each requiring separate treatment approaches thanks to different symptoms and neuro-transmission abnormalities.

Other subjects on the agenda include clinical genetic testing as a recommended standard for personalized care, the introduction of modified short-term dynamic therapy — "a supportive



The Schizophrenia Society of Nova Scotia's board of directors as of October 2015. CONTRIBUTED

therapy developed to address deficits such as low anxiety tolerance, tendencies towards dissociation, neurological symptoms and difficulties interpreting others' emotions in context of one's own" — and emerging, best practices in aboriginal mental health. There's even a theatrical performance planned for the event.

Better understanding through varied viewpoints

Dr. Stephen Perrott, a Halifax psychologist working with SSNS to help organize this year's national conference, says one of the goals was to offer a variety of perspectives.

"We wanted to maintain a level of rigour in

inquiry, but we didn't want to hear just from scientific and medical types," he says. "We wanted to hear from a spectrum of people who have various levels of experience with schizophrenia, which would include people with lived experience, families, community workers, as well as cutting-edge researchers."

Dr. Perrott says that looking at psychotic disorders through any particular lens in isolation is limiting. "By soliciting input from different communities, we can start to put together a picture where we examine the potential for optimism as it relates to schizophrenia — not only in terms of the whole person, but also the person in relation to the community and societal integration.

Learn more about the conference

Established in 1982, the Schizophrenia Society of Nova Scotia is a registered not-for-profit organization whose mission is to improve the quality of life for those living with a diagnosis of schizophrenia and other psychosis-related illnesses through education, support programs, public policy and research. For more about the conference, please visit ssc2016.ca.

"Ultimately we hope that people coming from each of those perspectives will have their views broadened," he adds.

The future of treatment

Dr. Tibbo, for his part, finished his residency 20 years ago. "There have been newer medications, which is wonderful — fewer side effects for example. We still have to develop more, and better ones, but what we've seen over the last number of years is other forms of therapy, such as CBT for psychosis. The focus on early detection and intervention, and seeing schizophrenia as a phase specific illness, so you treat it depending on what phase you're in — these are all significant."

On Friday, Oct. 28, Dr. Tibbo is presenting information on a new relapse risk assessment tool that he was involved in developing. "Rates of relapse are alarmingly high in young people diagnosed with a first-episode psychosis.... Individuals who have recurrent relapse episodes are at high risk for developing a chronic trajectory of the illness, so reducing relapse risk remains one of the greatest challenges," he notes. The new risk assessment tool can assist family members with early identification of an impending relapse. "We're currently doing reliability testing on it right now."



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SCHIZOPHRENIA SOCIETY OF NOVA SCOTIA

Photo finish

The sky is the limit for Nova Scotia man with schizophrenia

When Christian Herridge was a kid in Mahone Bay, N.S., he dreamed of being a pilot and belonged to the air cadets. But that dream was grounded when, as a teenager, he was diagnosed with schizophrenia. "It's been an uphill battle since then," according to his mother, Ruth.

After the diagnosis, it took some time to figure out his medication. "One drug tripled his weight within two weeks, so we had to take him off that," Ruth says. "As he has physical health issues as well, there are only so many medications that seem to work for him, and he has almost maxed out on those."

She notes that medications have improved considerably over the years, but people still need more education about them. "People don't like their side effects, and may come off them because they're not working," she says. "It isn't that [the] medication won't work, but that they haven't found the right one. Or, maybe it's a combination."

There are other factors known to affect outcomes as well, such as nutrition. Halifax psych-



A schizophrenia diagnosis hasn't held Christian Herridge back from his creative ambitions; he now works as a photographer and has sold images to people from around the world. CONTRIBUTED

iatrist Dr. Phil Tibbo, board member of the Schizophrenia Society of Canada and chair of its foundation — which supports research — says that while nutrition doesn't cause psychosis, it can play a role in remission and recovery.

In Christian's case, he has to watch his coffee intake. "If he drinks too much, it can drive the medication out of his system," notes Ruth.

Despite the gains they've made with medical treatment, Ruth laments the lack of support services for people living with schizophrenia such as her son, who is now 41.

"When Christian lived in a Small Options

home, he'd go to the hospital when he wasn't feeling well. He even threatened to jump off the bridge. They kept him for 24 hours, called us up and said, 'Either you take him home or he goes to a men's shelter.' They didn't give him options."

Consequently, he has now lived back at home for the past 14 years. There are rough days for sure, she says, but overall he has a good quality of life, working at a nearby mall's drugstore and pursuing his new passion: photography.

Christian has become an avid shutterbug, frequently snapping shots of beautiful things

in his surroundings, such as the reflections of Mahone Bay's three churches in the water. The hobby is even becoming profitable: "He has started making cards that he's selling," says Ruth.

As luck would have it, Christian recently crossed paths with local flight instructor and cinematographer Christopher Ball. Together, the two combine their interests to create aerial photography.

Though he may not be a pilot, Christian gets the chance to occasionally "slip the surly bonds of Earth" all the same, and head to the skies the way he dreamed of as a child. His photography has taken him across the province, and he's sold it to people from around the world.

"Some people with mental illness are so socially isolated," says Ruth, but "this has been a way for him to be out and be more part of a community."

Capturing the conference

Christian Herridge was the official reporter for the Schizophrenia Society of Nova Scotia's annual fundraiser, Road to Recovery Walk, in May.

For more information on the conference, including a line up of speakers and topics, please visit ssc2016.ca/agenda-27.



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Schizophrenia Society of Canada National Conference
Hosted by the Schizophrenia Society of Nova Scotia



SPONSORED CONTENT

SCHIZOPHRENIA SOCIETY OF NOVA SCOTIA

Want to learn more about mental health?

Check out these other sessions planned for the Schizophrenia Society of Canada's 2016 conference:

Innovations in Treatments

Modified short-term dynamic psychotherapy; using CBT to bridge the gap between clinical services and recovery; CBT skills training for caregivers.

Community Perspectives

Emerging and best practices in aboriginal mental health; subjective experiences of negative symptoms among youth with psychosis; Families Matter, an innovative education and support program for family and friends.

Community Living

Caldy Grange, an innovative supportive housing model; the Beacon program,

a psychosocial rehabilitation program.

Emerging Perspectives

New frontiers in cognitive behavioural therapy; FORBOW study; early identification of severe mental illness in high-risk youth.

Evidence Based Practice/Program Evaluation

Key findings in early psychosis; relapse and risk assessment and intervention in psychosis; results from a Schizophrenia Society of Ontario national engagement initiative; evaluation results from our provincial mental health and addictions strategy.

Workshops will centre around recovery, creating recovery culture with peer support and a peer support panel discussion.

Register by Friday, Sept. 16, and enter a draw to win brunch at the Prince George Hotel in Halifax.



ISTOCK

The intersection of justice and mental health

Panel discussion will examine legal problems that can arise due to psychological disorders

There are a breadth of presentations planned to engage and inspire at the Schizophrenia Society of Canada's 2016 conference, Psychosis: New Perspectives, Bright Horizons, on Oct. 27 and 28 in Halifax. One in particular that's sure to garner interest from a lot of people is the legal panel, says Diane MacDougall, executive director of Schizophrenia Society of Nova Scotia.

The legal panel will discuss some of the quandaries that characterize the intersection of serious mental health problems and the criminal justice system.

In the past 25 years, there have been many improvements in the justice system's understanding of people facing such difficult circumstances. Reforms in the Criminal Code, increased training for justice professionals, increased sensitivity at institutions (via diversion policies and mental health courts) and increased scrutiny of penal facilities are just some examples of those improvements.

However, despite these efforts, the justice system continues to disappoint some citizens, especially persons labeled with a mental illness.

Archie Kaiser, a professor at Dalhousie University and moderator of the panel, will identify many of the critical junctures where those with mental illness and the justice system interact. He will explain some of the possible outcomes and their implications.

Dr. Patrick Baillie, a psychologist with Alberta Health Services and Calgary Police Services, will ponder some of the myths and facts of long-term mental health difficulties with a focus on psychosis. He will examine how perceptions and assumptions influence decisions by justice actors and how the individuals can react to that treatment.

Justice Richard Schneider, Chairman of the Ontario Review Board, will explore alternative methods of managing conflicts at each of these stages. He will explain the kinds of contributions that legal actors as well as health care and social service providers make, considering where and how are systemic responses can be redirected in the short and long term.



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Welcome!



INTERVIEW

Kidman's personal link to new film Lion

Steve Gow
For Metro Canada



Nicole Kidman is getting a lot of attention for playing Sue Brierley — the real-life adoptive mother of an Indian boy in the emotional new drama *Lion*. Then again, as a mother of two adopted children herself, the role may not have been a huge stretch.

"I think that's what I probably bonded with Sue about," admitted Kidman during an interview at the Toronto International Film Festival. "And that's one of the reasons she wanted me to play the role, she said — I think I just related to her on that level."

A harrowing true story, *Lion* follows the incredible journey of a 5-year-old who is mistakenly separated from his poverty-stricken home and winds up thousands of miles away on the streets of Calcutta.

That is, until he is luckily taken in and raised by a loving Australian couple. Directed by first-time filmmaker Garth Davis, the epic drama traces the young man's quest to uncover his long lost biological family years later.

"I'm in such a great place in the sense of being able to work with and support new directors," said the Oscar-winning actress who, at 49 years old, has clearly found a new perspective late in her career.

"Time is so precious. I lost my father about a year ago and I think from that point on I've (thought) don't worry about anything, jump in, have fun, give it a go and if it doesn't work out try the next thing."

For Kidman, *Lion* has certainly worked out. Although it's a supporting role, the movie has been receiving heaps of praise and even Oscar-talk for Kidman and co-star Dev Patel.

More importantly to her, she's been able to explore themes of motherhood and return home to Australia in order to make the movie near family.

"It's important and I try to do it regularly," said Kidman, who has since returned to film Jane Campion's acclaimed TV series *Top of the Lake*.

"When I'm there I can be with my mom, and my kids see all their friends, and my sister comes over from Singapore (so) to be able to work there as well is fantastic — I'm very fortunate."



Nicole Kidman plays real-life adoptive mother Sue Brierley in *Lion*, which had its premiere at TIFF. CONTRIBUTED

On-air suicide of reporter explored in dramatic film

CHRISTINE

This tragic outsider tale has a compassionate feel, actress says

Richard Crouse
For Metro Canada



"If it bleeds it leads," is an accepted mantra around newsrooms these days, but back in 1974 it was a new, controversial idea.

In the based-on-true-events film *Christine*, actress Rebecca Hall plays Christine Chubbuck, an investigative reporter at a local ABC affiliate in Sarasota, Fla., who committed suicide on air.

She was particularly disdainful of news sensationalism until she became the poster child for it by one day announcing to her viewers: "In keeping with WZRB's policy of bringing you the latest in blood and guts, and in living colour, you are going to see complete coverage of an attempted suicide," before putting a gun to her head and pulling the trigger.

"There are a lot of films that portray misfits and odd people as cool," says Hall during a stop at the Toronto International Film Festival.

"I don't want to say it fetishizes it, but sometimes it makes it seem aspirational or trendy."

"The access (to Christine) for me personally was feeling like you are different and not accepted. That can be excruciating."

"Especially if you are a woman, especially at that

It is one of those jobs that if you are incredibly lucky you get maybe three of them in a career. And that's only if you are incredibly successful ... and often only if you are a man.

Christine's Rebecca Hall on her complex role



Rebecca Hall plays Christine Chubbuck in the film, *Christine*, which tells the true story of a journalist who shot herself in the head during a live news broadcast. LIZ BEDDALL/FOR METRO

time when you were operating it in un-meritocratic system. She had integrity. She wanted to serve her community.

"That was her driving force but she was not rewarded for that. (People around her) thought, 'Well, you're a bit weird.' They didn't know how to deal with that."

Chubbuck's progression as a news anchor to larger markets was stymied by depression — "my life is a cesspool," she says in the film.

Her illness culminated with the news reporter becoming the news with her on-air death. "To me, Christine is someone who went through her life every day thinking, 'OK what does it look like to be normal?' What she perceives to be normal."

"She looks to everyone for affirmation. Am I doing OK? Did I get away with it today? Am I like you? Am I accepted? Sometimes she's really good at it, and sometimes she's really bad at it."

"But regardless, her community accepts her. The tragedy of the film is that she doesn't see that."

It is a compassionate film, Hall says. "It is a cautiously optimistic film about people."

ROUNDUP

Curator for TIFF's Primetime program shares his TV picks

Michael Lerman has, arguably, the toughest job in the golden age of television.

He has to figure out what TV shows to present as part of the Toronto International Film Festival's Primetime program.

This is the second year the Toronto film festival has chosen to honour TV as an art form with its own curated section.

Lerman's problem is that there are 419 new and original scripted English language series to choose from in 2015.

But Lerman says that's not a bad problem to have.

"I wish I did have space for all the good stuff as well as the great stuff. There are people out there making some really great art in the world of television."

Here are a few of Lerman's picks with his comments.

Black Mirror

Created by Charlie Brooker;



U.K./South Africa; world premiere; two episodes presented. Rashida Jones (left) co-wrote the episode Nosedive.

"Black Mirror is a very popular, almost underground show in the U.K. that moved to Netflix. This season is bigger and bolder. It's *Twilight Zone* for the technological age. The cast is fantastic. Some of the stuff is very

unique and even nastier in a different way."

Transparent

(Created by Jill Soloway; U.S.A.; world premiere; three Season 3 episodes presented starring Gaby Hoffmann (below))

"Lots of people have said many things about *Transparent* already. But having had the privilege of seeing



Season 3 in its entirety, I can say with absolute certainty that this is the best season by far. It's really incredible, emotional and just brilliant."

nirvana the band the show

(Created by Matt Johnson and Jay McCarroll (right); Canada; world premiere; three Season 1 episodes presented)

"Matt Johnson turned his web series into a show for VICE. It's somewhat

absurdist, it plays with structure, each episode is very different in many ways and it showcases what they can do with the show. And it also interacts with the real world. It uses the rules set up by Borat and Jackass interacting with real people blended in.



TORSTAR NEWS SERVICE

Angela Liddon just keeps on glowing

INTERVIEW

Vegan blogger continues to build her healthy empire

It's a sweltering day in a record hot summer and Angela Liddon, nearly eight months pregnant, is on her feet in — where else? — the kitchen of her Oakville, Ont. home. Yet she couldn't look more cool and content.

The author, photographer and vegan blogging sensation behind ohsheglows.com answers questions about her rise to foodie fame while she measures tablespoons of freshly squeezed lemon juice and maple syrup for marinade.

This Oakville kitchen is the epicentre of the Oh She Glows enterprise, which includes her website, The Oh She Glows Cookbook, which has sold 300,000 copies and is available in multiple languages, and a recipe app. Her second book, Oh She Glows Every Day, hits shelves this weekend while her first is still a fixture on bestseller lists.

Liddon burst onto the scene just as the food-as-lifestyle movement was taking off. She launched her blog in 2008, the same year she and Eric married and celebrity Gwyneth Paltrow launched Goop.

She started with a two-paragraph blog post on Halloween. Her second was titled *Is Anyone Out There?* Turns out there was — more than 1.2 million unique visitors a month, according to Eric, who handles technical and business operations.

Magazines have called Liddon a "trendsetter" and "healthy living guru." But that was never her career plan. She didn't grow up cooking, and didn't bake her first pie until

age 25. Meals in her household were a matter of getting food on the table.

After earning her Masters in social psychology, she worked as a researcher before walking away to pursue a new dream.

The decision came at a tumultuous time in her life. Her longtime love-hate relationship with food had turned into an eating disorder, which she describes as a 10-year "vicious cycle of basically starv-



"I try not to preach. It's all about people enjoying the food"

Angela Liddon

ing myself for a few days and then binge eating and feeling guilty and sick."

Therapists helped her realize something had to change. Eating disorders aren't about food, she says, but gradually shifting what she ate changed her attitude while recovering.

"It helped me realize food is not the enemy, that it can make you feel energized and good."

Her first year posts ranged from giddy to confessional. To this day she still uses a lot of exclamation marks and opts for earnest over edgy.

Readers quickly responded to the passages that dug deeper.

"What the pictures don't show are the tough times," she began one of her early posts.

They were hooked. So was she.

She launched a home business making and selling her Glo Bar granola bars for two years before signing a book deal to assemble her most popular blog recipes, from Green Monster smoothies to 15-minute Creamy Avocado Pasta.

Her books don't include nutritional information, something she says she struggles with because she doesn't want the recipes to be about counting calories or carbs. But those details can be found for Oh She Glows Every Day recipes on her website.

The new book, which she describes as family-friendly, relies less on nuts, which some readers complained were too expensive. There

are more seed-based dishes and many recipes include nut-free, gluten-free and soy-free options.

She acknowledges that the glossy images and tips for making homemade almond milk and coconut butter may not capture the daily reality for frazzled parents. "I think you can look at a book like this and think 'oh gosh, I'll never be able to do this,'" she says. But, "I feel like my approach is very encouraging and very positive, and I try not to preach. It's all about people enjoying the food and hoping it makes them happy and feel good."

The way today's cookbook celebrities incorporate recipes, lifestyle, health and happiness is an approach University of Alberta professor Timothy Caulfield calls "food as fashion."

Food habits — and cookbooks — have become a powerful form of self-expression, says Caulfield, author of the 2015 book *Is Gwyneth Paltrow Wrong About Everything?* and who holds the Canada Research Chair in health

RECIPE OH SHE GLOWS EVERYDAY

This mild, savoury dish was popular among family members who aren't curry fans and those who claim they only like it hot. There's something about the mellow flavour and slight sweetness of the coconut milk that pleases both palates and also makes it kid-friendly. Serve on a bed of rice or other grains. Liddon notes that after the sweet potatoes are cooked, you can mash about a third of the mixture for thicker sauce.

Sweet potato, chickpea and spinach coconut curry

Ingredients:

- 4 tsp (20 mL) virgin coconut oil
- 1 tbsp (15 mL) cumin seeds
- 1 medium onion, finely chopped
- Pinch of salt
- 3 large gloves garlic, minced
- 4 tsp (20 mL) grated fresh ginger
- 1 tsp (5 mL) each: ground turmeric, ground coriander
- 1/4 tsp (1 mL) red pepper flakes
- 3 cups (750 mL) sweet potato, about 2 medium, peeled and cut into half-inch (1 cm) dice
- 1 1/2 cups (375 mL) cooked or canned chickpeas, drained and rinsed
- 1 1/2 cups (375 mL) diced tomatoes, with juices
- 1 14-oz (398 mL) can light coconut milk
- 4 cups (1 L) lightly packed baby spinach
- 3/4 tsp (4 mL) fine sea salt
- Freshly ground black pepper, to taste
- Optional garnishes: chopped cilantro, unsweetened large-flake coconut, lime wedges

Directions:

1. In a large saucepan, heat oil over medium heat until a cumin seed tossed into it sizzles. Add cumin seeds and toast about one minute, until fragrant and slightly darkened. Stir in onion and salt and cook 3 to 5 minutes, until onion is soft and translucent.

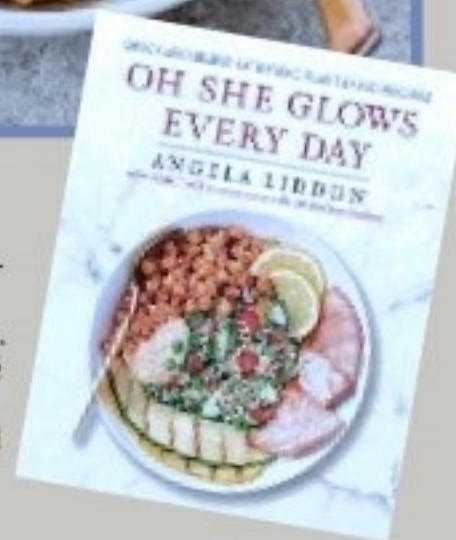


2. Add garlic, ginger, turmeric, coriander and red pepper flakes. Stir and sauté a couple of minutes until garlic softens.

3. Add sweet potato, chickpeas, tomatoes and coconut milk. Stir to combine, cover and simmer over medium-low heat for 20 to 30 minutes, until potatoes are fork tender.

4. Stir in spinach and cook until wilted. Add the salt and pepper.

5. Garnish with cilantro, coconut and, if desired, lime wedges to squeeze over top. Store in airtight container in fridge up to 5 days or freeze up to one month.



law and policy.

"When we adopt these eating behaviours and food choices, it speaks to how we want to be perceived," he says in an interview.

And these days, what sells is "the health halo" and the

moral satisfaction from eating foods perceived to be ethical, he says. Diets that stress weight loss are out, but switching to plant-based, organic or "healthy eating" is in.

"I have absolutely no doubt that if you go from eating crap

to real food you're going to feel better," he says.

But he notes that research suggests the more complicated shopping and preparation is, the more likely people are to give up on it.

TORSTAR NEWS SERVICE



90s to now

Break the routine.
mix means variety.

No machete needed for this squash

RECIPE

Delicata squash is easy to eat and prepare

Turns out there's no need to buy a monster squash that requires a machete to open and a week to eat.

Instead, sort through the bins of local butternut and buttercup, ridged acorns and bulbous hubbards to find the long, narrow delicata with its pale yellow skin and distinctive green stripes.

Easy to clean, cut and cook, this single-serving Cucurbita pepo is a squash lover's dream!

Quinoa-stuffed delicata

Quinoa and ground pork make a tasty stuffing for small, long easy-to-prepare delicata squash. You can even eat the skin! Make the stuffing a day or two in advance or prepare the entire recipe a day ahead and reheat at 350°F (180°C).

Ingredients:

- 4 delicata (peanut) squash (1.5 kg)

- 1/4 cup (185 mL) raw quinoa
- 1 1/2 cups (375 mL) chicken or vegetable stock
- 1 lb (450 g) lean ground pork
- 1 tbsp (15 mL) each fresh oregano, parsley and basil, or 1/2 tsp (2 mL) dried
- 1 tbsp (15 mL) vegetable oil
- 1 medium yellow onion, halved, thinly sliced
- 1/2 cup (125 mL) thickly sliced cremini mushrooms
- 2 cloves garlic, minced
- 2 tbsp (30 mL) balsamic vinegar
- 1 cup (250 mL) cherry tomatoes, halved
- Salt and freshly ground black pepper to taste

Directions:

1. Preheat oven to 400°F (200°C).

2. To prepare squash, cut in half lengthwise and scoop out seeds with a spoon. Season cavity with 1/4 teaspoon each salt and pepper and arrange cut-side down on baking sheet lined with parchment paper.

3. Bake until flesh is tender but sides are not collapsing, about 20 minutes. Remove from oven and reduce temperature to 350°F (180°C).

4. Meanwhile, bring stock to a boil in a medium pot. Add quinoa and return to a boil. Cover, reduce heat to medium and simmer until liquid is absorbed, about 12 minutes. Remove from heat, fluff quinoa with a fork, cover and let stand 15 minutes. Transfer to a large bowl.

5. Heat a non-stick skillet over medium-high heat and cook pork until no pink remains. Season lightly with salt and pepper. Stir in oregano, parsley and basil. Transfer to bowl with quinoa.

6. Add oil to same skillet and sauté onions for 2 minutes. Add mushrooms, garlic and balsamic vinegar, and continue to sauté for 1 minute. Add tomatoes, quinoa and pork. Check salt and pepper. Mix well, stirring until heated.

7. Spoon quinoa mixture into cooked squash halves, pressing down gently. Bake squash on same parchment-lined sheet about 15 minutes, until stuffing is heated through. Serve hot. TORSTAR NEWS SERVICE



This recipe makes four main-course servings. TORSTAR NEWS SERVICE



ROSE REISMAN THE SAVVY EATER

THIS WEEK: Lunch on the go

If occasionally you've got to grab lunch for the kids on the go, choose wisely.

PICK THIS

Subway Kid's Pak: Turkey Mini Sub and Apple Slices

Calories 230
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SKIP THIS

Schneiders Lunchmate Turkey Stackers

Calories 300
Fat 14g
Sodium 880mg



HERE'S WHY



Equivalent to 10 McDonald Mini Fries in sodium

A homemade lunch is always best, but sometimes we give in to a fast food treat, especially if we're short on time. While your kids may love building their own lunch, as with Lunchmate Turkey Stackers, keep in mind that the turkey is smoked and contains sodium nitrates, the cheese is processed — and to boot, a chocolate bar for dessert! This packaged lunch offers up little nutritional value, excess fat and an abundance of sodium. A Subway mini turkey sub on a 9-grain bread with apple slices is a better pick, with less calories, half the sodium and a fraction of the fat.

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Tilapia can be tangy, tasty and timely

RECIPE

Fish is fast, but sometimes needs a flavour boost like this

Given how quickly it cooks, fish stands out as the perfect candidate for a weeknight meal.

The only problem? Fish can be bland, the light white variety in particular. Happily, white fish fillets are like chicken breasts, they play nicely with all sorts of ingredients.

If you marinate a fillet in lemon or lime juice before cooking it, it becomes much more flavourful without tasting acidic. And if you add a little salt to the marinade, the fish will be quickly and deeply seasoned, as well.

However, since acid also changes the texture of the protein in fish, essentially firming it up, you don't want to leave it in the acid for too long — 30 minutes is perfect.

Add crunch to this soft fish dish by topping it off with crushed tortilla chips flavoured

with chili powder, then bake so the chips stay crispy.

The final crunch and acid kick come from pickled red onions.

Finally, as a way to temper the spicy heat provided by the pickled jalapenos in the onions, finish the dish with crema, a kind of thinned-down sour cream popular in Mexico and Central America. If you can't find crema, sour cream or creme fraiche diluted with milk, cream or water will do.

Tortilla-crusted Tilapia with Pickled Red Onions and Crema Serves 4.

Ingredients:

For the fish:

- Two 1/2-pound tilapia fillets
- 1 tsp kosher salt
- 2 Tbsp lime or lemon juice
- 2 Tbsp vegetable oil, preferably grapeseed
- 2 cups tortilla chips
- 2 tsp chili powder

For the pickled onions:

- 1 medium red onion, sliced 1/4-inch-thick
- 3/4 cup distilled white

vinegar

- 1/4 cup orange juice
- 1 1/2 Tbsp sugar
- 3/4 tsp kosher salt
- 1/2 tsp cumin seeds
- 1/2 tsp dried oregano
- 2 Tbsp chopped pickled jalapenos

To finish:

- 1 Tbsp unsalted butter, melted
- Crema or sour cream, to serve

Directions:

1. To prepare fish, cut each fillet down centre seam to separate thin half of the fillet from the thick half. Cut each of the pieces in half crosswise. Sprinkle with salt, then transfer to a zip-close plastic bag. Add lime or lemon juice and oil. Refrigerate 30 minutes, turning bag several times.

2. While fish is marinating, in a large bowl finely crush tortilla chips (with a few larger pieces, it should not be a powder) and toss with chili powder. Set aside. To make the pickled onions, in a small saucepan over

medium-high, combine the red onion, vinegar, orange juice, sugar, salt, cumin and oregano. Bring to a boil and simmer for 5 minutes. Set aside and let cool. Drain the mixture and chop the onions. In a small bowl, combine the onions with the jalapenos.

3. Heat oven to 375 F. Line a rimmed baking sheet with kitchen parchment. Remove fish pieces from marinade and arrange in a single layer on prepared baking sheet. Keep thin pieces on one side and thick pieces on the other. Pack tortilla crumbs on top of fillets, then drizzle with melted butter. Bake fish on the oven's middle rack until it is just cooked through, about 5 minutes for the thinner pieces and 8 minutes for the thicker pieces.

4. Transfer a thick and a thin fillet piece to each of 4 serving plates. Serve each portion topped with some of the pickled onions and the crema. SARA MOULTON/THE ASSOCIATED PRESS



Tortilla crusted tilapia with pickled red onions and crema.
AP PHOTO/MATTHEW MEAD

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Smaller SUV more suited to the city



REVIEW

New Acadia offers better efficiency, handling



Jonathan Yarkony
AutoGuide.com

In any segment, there are always outliers at the extremes of the spectrum, while the majority sit somewhere in the middle.

The GMC Acadia and its platform twins were at the larger end of the spectrum, with one of the bigger footprints and interiors in the "midsize" crossover segment.

That is all about to change.

GM is spreading out its range, with GMC inheriting this smaller midsize platform from the Cadillac XT5 and delivering proper five-seat compacts like the Envision, while Chevrolet and Buick are sticking with larger midsize SUVs like the current Traverse and Enclave.

With the Acadia shrinking, logic dictates that the Terrain will similarly shrink to retain the same spacing between models in the GMC lineup.

With the 2017 GMC Acadia, GM is targeting the middle, and perhaps even going to the opposite extreme, chopping about 18 centimetres from its length and wheelbase. It's now shorter than anything in the segment except the Kia Sorento, and one of the narrowest as well.

The size reduction has resulted in huge weight savings

and added maneuverability, which offers huge benefits in the fuel efficiency and handling departments, and with a smaller turning radius, it is now far better suited for city life.

While it's no MINI, the far more compact footprint was a relief when driving through Vancouver, B.C., a city with notoriously narrow lanes and tight roads.

GMC is able to offer a more modest powertrain option in addition to a V6, which was the only way to get the previous generation. This engine is new to GMC, but previous experience in other GM models equipped with the same powertrain showed its smoothness and power should be good for the Acadia's much more modest weight.

The drive from Whistler to Vancouver was a perfect route to see the cylinder deactivation in action, as the descents allowed the engine to take it easy and only run on four pots.

Of course, it was the ascent that proved the real value of the V6, making easy work of any steep climbs, and living up to GM's refinement claims as it quietly went about its business even when accelerating hard up an incline.

We did not test the towing capacity, but the power certainly felt sufficient, while its balanced, stable ride also should contribute to comfortable trailering. Even the steering is much improved, appropriately light.

The 2017 GMC Acadia is firmly in the middle of the segment and offers exactly the mix of capability and convenience that consumers are looking for in a midsize crossover segment.

THE CHECKLIST | 2017 GMC ACADIA

THE BASICS

Engine: 2.5L 4-cyl; 3.6L V6
Power: 193 hp/255 lb-ft; 310 hp/271 lb-ft
Transmission: Six-speed automatic
Fuel Economy (L/100 km): 11.0/9.2 (2.5 FWD); 11.2/9.4 (2.5 AWD); 13.0/9.3 (3.6 FWD); 13.3/9.5 (3.6 AWD)
Price: Starts at \$34,995



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- Cramped third row
- Generic styling

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Ultra-modern concept to be a reality

+ IN BRIEF

GM getting set to reveal Chevy Colorado-based electric military vehicle

GM is getting prepared to debut a crazy-looking fuel cell-powered military vehicle. Developed in conjunction with the U.S. Army Tank Automotive Research, Development and Engineering Center (TARDEC), the vehicle, which isn't being called a concept, will be based on the Chevrolet Colorado and will be powered by hydrogen fuel cells. The SUV will be used to test how the military can use alternative energy sources to power vehicles that are quieter, more fuel efficient, can generate power and water, and provide plenty of low-end torque for off-roading.

JODI LAI/AUTOGUIDE.COM



HANDOUT

WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com



VARSOVA

Futuristic Polish car concept will be produced

Seemingly coming out of nowhere, a Polish company has unveiled a futuristic concept for an electric luxury sedan. The Varsovia Motor Company, which is based in Warsaw, Poland, said this concept will actually be produced, although in limited numbers. The sedan, which does away with a grille and has a unique diamond pattern in its body panels, seems to be an electric car with a range extender, kind of like the Chevrolet Volt. The drive is powered by electrical engines, but a small internal combustion engine can be used as a generator to power those engines if the battery is depleted. Range on a full charge is 350 kilometres and with the range extender, range is increased by an additional 500 kilometres. Varsovia claims a zero-to-100 km/h time of under five seconds and a maximum speed of more than 200 km/h.

JODI LAI/AUTOGUIDE.COM

MITSUBISHI MIRAGE FOR BREAKFAST CLUB OF CANADA



Left to right: John Arnone, public relations manager for Mitsubishi Motors of Canada, Karri Trowell, Atlantic Canada program advisor for the Breakfast Club of Canada, and Dave MacRitchie, President and COO of Steele Automotive Group.

G4 Sedan to Support Children in Nova Scotia

On September 8, 2016, a wine-red 2016 Mitsubishi Mirage subcompact was delivered to Breakfast Club of Canada's Nova Scotia branch becoming the first of several planned vehicle loans to support programs that feed and nurture school children across Canada.

The 2016 Mirage G4 sedan, seconded after a brief stint as a media loan vehicle, will help Breakfast Club of Canada visit schools in the Annapolis Valley, Cape Breton, Halifax, North Shore region, southern Nova Scotia and among First Nations to support the feeding and nurturing of nearly 4,800 children. In all Breakfast Club serves 791,835 breakfasts in Nova Scotia each year.



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2017 MODELS

GMC Canyon adds eight-speed auto

GMC has announced details on its 2017 Canyon, which will use a revamped 3.6-litre V6 hooked to an eight-speed automatic transmission. Along with the powertrain changes, a new All Terrain X model will be available for off road, bringing along Goodyear Wrangler DuraTrac all-terrain tires.

STEPHEN ELMER/AUTOGUIDE.COM



7 SERIES

BMW planning a new coupe

BMW is planning to release a 7 Series Coupe, a move it hopes will help bring some excitement to its range-topping luxury car. According to a report from Bloomberg, the new coupe will arrive as soon as 2019.

STEPHEN ELMER/AUTOGUIDE.COM



YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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metronews.ca/games

8	7	1	4	9	3	5	2	6
2	9	6	5	1	8	3	4	7
4	3	5	2	6	7	9	1	8
7	8	3	9	4	5	2	6	1
5	4	2	6	8	1	7	3	9
6	1	9	7	3	2	4	8	5
9	2	4	8	5	6	1	7	3
3	5	8	1	7	4	6	9	2
1	6	7	3	2	9	8	5	4



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Powering up the next-generation



Old-school car batteries may one day be replaced with ones like nanotube lithium-ion and solid state batteries. ISTOCK

TECHNOLOGY

Meet the batteries that future cars may use



Sami Haj-Assaad
AutoGuide.com

Although gasoline vehicles are getting more efficient, there's no denying that they still pose some harm to the environment. The future of motoring is electric vehicles.

Electric vehicles are seen as a global saviour, something that can help fix the damage internal combustion has wreaked on the environment. More research and testing is going into developing and improving the components

in EVs, but nothing is more important than the car's battery.

Most EVs currently use a lithium-ion batteries, but they have a low energy density. That means that for their size, they don't pack much power.

But there are alternatives that could change the way electric cars work in the future.

Nanotube Lithium-Ion

Nanotubes are long microscopic threads that can store and release more ions than a traditional lithium-ion battery. They can discharge and charge faster than most batteries, because, well, they're not real batteries — they're more of a super-capacitor. These nanotubes can be layered like sheets and are combined with Graphene (an extremely thin, strong layer of pure carbon) to make a storage system.

Lithium Air

One solution to make lithium batteries more energy dense is to use carbon instead of heavier metals. The carbon would react with oxygen to make electricity, but although it's called lithium air, it's still a type of battery. IBM has been researching and developing these batteries in

order to provide a new type of energy storage for electric vehicles.

Solid State Batteries

Solid state batteries shun the liquid materials used in current lithium-ion batteries and do away with that lithium air idea. Instead, it uses non-volatile materials that are stable at high temperatures. That's a big deal because extreme temperatures wear out current batteries, which reduces their effectiveness. Solid state batteries, in comparison, would be safer and longer lasting.

Several companies are investing a lot of money into this technology, including Dyson.

Semi-Solid Flow Battery

There are many unique ideas out there trying to make EVs better. By taking the normal lithium-ion battery and combining it with the theory behind a fuel-cell vehicle, you get a semi-solid flow battery. These work by putting the energy storage material in external tanks, which would mean that storage capacity isn't limited by the size of the battery itself. This would help improve the costs associated with batteries.

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WHEELS NEWS IN BRIEF

Water Injection System from the BMW M4 GTS will Spread to other cars

BMW's new water injection system that debuted under the hood of the M4 GTS is set to spread throughout the industry.

The system was designed through a collaboration between BMW and the company Bosch, which expects to put water injection into mainstream production by 2019.

STEPHEN ELMER/AUTOGUIDE.COM

Audi all-electric flagship to arrive by 2020

Audi has a new range-topping all-electric luxury car in the works that will likely be called the A9 e-tron.

This car will serve as the pinnacle of the German automaker's all-electric car lineup, sitting above a new A3 e-tron and the upcoming Q6 e-tron SUV.

Range on a single charge is expected to be 500 kilometers for the A9.

STEPHEN ELMER/AUTOGUIDE.COM

THE TOP 6@6

LAST NIGHT ON 101.3 VIRGIN RADIO:

- 6 Flume ft. Kai
Never Be Like You
- 5 Tinie Tempah ft. Zara Larsson
Girls Like
- 4 Ria Mae ft. Neon Dreams
Ooh Love
- 3 Pitbull ft. Flo Rida
Green Light
- 2 Kiara
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- 1 The Chainsmokers ft. Halsey
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Read this before getting new tires

CONSUMERS

The wrong update will set you back



Dan Ilika
AutoGuide.com

There's no quicker way to transform the look and feel of your ride than adding a new set of wheels and tires.

Whether you've got performance on your mind or pure aesthetics, it's important to know what you're getting into.

From understanding the terminology to understanding the risks

involved, we've put together this handy guide outlining what you need to know before you buy.

Where Rubber Meets Road

All those letters and numbers on the side of the tire? Well, they mean some pretty important stuff.

Take a 215/55R16 93H, for example, the smallest tire available on the current-generation Honda Civic sedan. That means the tire has a section width (the distance from sidewall to sidewall) of 215 millimetres, an aspect ratio of 55 (because the sidewall measures 55 per cent of the section width), a radial construction (hence the 'R') and an interior diameter de-

signed to fit on a 16-inch wheel.

The 93 represents the load index, or the amount of weight the tire can support, while the 'H' is a speed rating, meaning it's good for 210 kilometres an hour.

Hub size hubbub

When it comes to wheels, it's about more than just diameter and width, and your vehicle's bolt pattern can be the difference between wheels that fit and ones that don't.

Sure, a 16-inch wheel with a five-lug bolt pattern may seem simple, but hub sizes vary greatly depending on make and

model. Picture the bolt pattern as a circle measured at the center of each wheel stud. A bolt pattern of 5x100, then, would mean five wheel studs with a diameter of 100 millimetres. Make sure you check out this number before you sign the dotted line.

Fitting in

So you've picked a wheel that matches your ride's bolt pattern, but what about fitment? This is where offset and back-spacing come into play. The former means the distance from the dead center of the wheel to the

+ CHEAPING OUT

It may be tempting to buy a new set of rims for \$400, but buyer beware of poor construction. No one wants a cracked, bent or broken rim — or the damage it can cause to the rest of your vehicle — regardless of how enticing the price may be.

surface. Simply put, different cars have different offsets and you have to be aware of that before you buy wheels.

On the plus side

Plus-sizing — adding a wheelset that's larger than stock — is a popular way to go, and has its pros and cons, namely more grip or a sportier/more luxurious look with the cost of a slightly rougher ride.

Size matters

...When it comes to price, that is. As the diameter of the wheel increases, so does the price, though generally in manageable increments. Where the move to a larger wheelset really sneaks up on your wallet is when it comes to tires. Unlike wheels, tires can cost a great deal as the size increases, easily pushing beyond \$500 a tire, depending on make and model.



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Eager McDonald ready to light his pro flames at last

NHL

Halifax goalie sets his sight on taking spot on Calgary roster

Mason McDonald is ready for a new challenge.

After four years of major junior hockey, including two-and-a-half seasons with the Charlottetown Islanders, the Halifax goalie is looking to turn pro.

"That's the only thing I have my eyes on right now," McDonald said Tuesday.

He leaves today for Calgary where the Flames draft pick will undergo fitness testing on Thursday and travel with the team to Penticton, B.C., on Friday for the Young Stars Classic. The tournament will see prospects from the Flames, Vancouver Canucks, Edmonton Oilers and Winnipeg Jets play a round robin from Friday to Monday.

McDonald is looking forward to the next chapter of his hockey career.

"It was really fun playing junior. I really enjoyed it," McDonald said. "I'm going to miss the guys (in Charlottetown) and everything, but it's time to move on."

McDonald went 21-18 last season with a 3.33 goals-against average and a .902 save percent-



Mason McDonald played for the Charlottetown Islanders for the past two-and-a-half seasons. CANADIAN PRESS FILE

age. He also played for Canada at the world junior championship.

He was the first goalie take in the 2015 NHL entry draft when the Flames selected him 34th overall. A veteran of pro camps, he knows what to expect.

"Every year you just get more comfortable and confident with the routine," he said. "This be-

ing my third camp, I know exactly what the standards are."

The six-foot-four, 200-pound McDonald said he worked with goalie coach Brad MacCharles of Empire Goaltending and trainer Bobby Pedersen at Pro-Edge Sports Conditioning during the off-season. He focused on improving his core strength and power.

"To get to the next level, I

have to be strong on my pushes and be powerful to get across the crease," McDonald said. "I'm ready to show them that I've improved on it."

He also had an opportunity to skate with some pros, including Sidney Crosby, John Tavares and Tyler Seguin, during a camp in Halifax.

JASON MALLOY/TRANSCONTINENTAL MEDIA

+ MASON MAGIC

McDonald holds a number of Charlottetown records:

■ **Most wins by a goalie in a season: 28 (2014-15)**

■ **Most wins by a goalie in a career: 54**

■ **Most points by a goalie in a season: two (2015-16)**

WORLD CUP OF HOCKEY

Bearded wonder skates on

Mario Lemieux was the unofficial greybeard of Team Canada when it last World Cup of Hockey was played a dozen years ago.

This time around, the role falls to Joe Thornton, the 37-year-old who played alongside Lemieux in 2004 and actually has an outsized grey beard. The Canadians didn't bring Thornton to Toronto just for his wisdom though, but for talents that have withstood the test of time.

Despite being one of the oldest players in the NHL last season, Thornton finished fourth in league scoring, compiling 82 points in 82 games for the San Jose Sharks.

He added another 21 points in 24 playoff games, reaching his first-ever Stanley Cup final.

"When you look at his season last year, he's playing great hockey," Team Canada general manager Doug Armstrong said.

Canadian head coach Mike Babcock said Thornton's inclusion on Canada's roster, which came at the initial exclusion of much younger players like Logan Couture and Taylor Hall, was merited. The five coaches and five managers made the assessment that Thornton deserved to be there, Babcock said. "He obviously was a guy that played well enough and played good enough and was important enough on his team," Babcock said.

Armstrong was intrigued by how San Jose employed Thornton last season, mostly on the wing alongside captain Joe Pavelski. That freed the long-time centre from having to labour at both ends of the ice and exposed Canada to how it could use Thornton at the World Cup.

A plodding skater who didn't crack the 2014 Olympic squad in Sochi, Thornton also seemed a better fit for the NHL-sized rink in Toronto. Thornton, who last represented Canada at the 2010 Olympics in Vancouver, hadn't given much thought to cracking the World Cup roster.

"It was just one of those things where you just kind of play, don't think about it and then you get chosen," he said. "I've still got another 10 years (left), so maybe the next World Cup, I'll play in it, too." THE CANADIAN PRESS



Joe Thornton

GETTY IMAGES

PARALYMPICS

Basketball dreams dashed by Dutch

Canada's women's wheelchair basketball players had their dreams of a Paralympic medal dashed — again — with a 78-60 quarter-final loss to the Netherlands on Tuesday.

Once so thoroughly dominant in the global wheelchair game, Canada will leave the Paralympics without a medal in the event for the first time in nearly 30 years.

"It's not a good feeling. It

happened, the same thing in London (in 2012) ... It's just a pretty awful feeling," said Cindy Ouellet,

RIO2016

pausing to gulp back tears. "Sorry."

Canada's men's team, who watched on with gloomy faces, fared no better in Rio. The defending Paralympic champions went 0-5 in the preliminary round, and will face Algeria for 11th place on Wednesday morning.

THE CANADIAN PRESS

IN BRIEF

Donaldson missing again

Reigning American League MVP Josh Donaldson was not in the Toronto Blue Jays' starting lineup on Tuesday, marking the second night in a row that the all-star third baseman has missed a game.

Manager John Gibbons said before Tuesday's game against the Tampa Bay Rays that Donaldson jammed his right hip while running to first base in Sunday's 11-8 loss to Boston. THE CANADIAN PRESS

NCAA

North Carolina hit hard by withdrawal

The NCAA's decision to pull seven championships out of North Carolina ratchets up the pressure on the college sports-crazy state to repeal its law on transgender bathroom use.

Unlike the recent one-time cancellations by the NBA, the move by college sports chiefs could make moderate and conservative voters question whether the price tag for the law has become too high.

Economic development officials said the effect of the

NCAA's action goes well beyond the projected \$20 million in lost revenue from the cancellation of the 2016-17 basketball, baseball, soccer, tennis, lacrosse and golf events.

"College sports is part of the fabric of North Carolina. It's part of the culture," said Scott Dupree, of the Greater Raleigh Sports Alliance, which was co-ordinating four of the events. "That's why it hits so hard and feels so personal."

THE ASSOCIATED PRESS

'Terry was running in the greatest race of all'

TERRY FOX RUN

Canada Sports Hall of Fame opens exhibit in legend's honour

Terry Fox won no races nor set any Canadian running records. There wasn't a frame of reference in 1980 for an above-the-knee amputee running almost a marathon daily on an artificial leg for 143 consecutive days.

An exhibit unveiled Tuesday at Canada's Sports Hall of Fame in Calgary just days away from his namesake run would have meant a lot to Terry Fox, says younger brother Darrell.

Terry Fox saw his Marathon of Hope as much of an athletic endeavour as it was a campaign to raise money and awareness about cancer.

"Terry did not crave recognition for himself. In fact he ran away from it," Darrell said. "He did appreciate being recognized



Darrell Fox looks at a bust of his brother Terry in Calgary on Tuesday. LARRY MACDOUGAL/THE CANADIAN PRESS

as an athlete.

"He thought what he did, what he accomplished was an athletic feat, but there were no benchmarks, no standards. He wasn't running against anyone. He was running in the greatest race of all."

Fox lost his right leg to bone cancer at the age of 18 in 1977.

On April 12, 1980, he dipped his prosthetic leg into ocean waters off of St. John's, N.L., to begin his cross-Canada run home to Vancouver. He was accompanied by 17-year-old Darrell and high-school buddy Doug Alward.

"We were three young guys in a stinky Ford van traversing the country one mile at a time,"

\$700M

About \$700 million has been raised in Terry Fox's name for cancer treatment and research.

Darrell recalled.

"I was a sponge to what Terry was accomplishing. I was witnessing it, I was seeing the reaction of every day Canadians on the side of the road. That's what I experience every day now from that next generation who are learning the story. They're not only learning the story of Terry Fox. They're embracing it."

The return of cancer to his lungs halted Fox in Thunder Bay, Ont., after 5,342 kilometres. Fox died June 28, 1981 at age 22.

The exhibit entitled Terry Fox: Running to the Heart of Canada and organized by the Canadian Museum of History, will remain in Calgary until Dec. 31.

THE CANADIAN PRESS

CHAMPIONS LEAGUE

Celtic gets rude welcome at Barça

Lionel Messi's first goal of the Champions League season took three minutes. Edinson Cavani needed just 44 seconds for Paris Saint-Germain. Manchester City never got the chance to start.

Messi's fast start was the first of a hat trick in Barcelona's 7-0 rout of Celtic, and fellow superstar forwards Neymar and Luis Suarez also scored. Celtic had a penalty saved when trailing 1-0 midway through the first half.

"It didn't matter who we had in front us, I remember a beauty and precision that was of another class. Against that, rivals can do very little," Barcelona coach Luis Enrique said. "It was a great way to make our entrance to the competition."

Cavani's even faster strike was the end of PSG's scoring in Paris against Arsenal, and Alexis Sanchez's late equalizer earned a 1-1 draw.

Barcelona goal-scorers Lionel Messi and Neymar.

GETTY IMAGES

+ RESULTS

- Bayern 5, FC Rostov 0
- Barcelona 7, Celtic 0
- Benfica 1, Besiktas 1
- Dynamo Kyiv 1, Napoli 2
- FC Basel 1, Ludogorets 1
- PSV 0, Atletico Madrid 1
- Paris SG 1, Arsenal 1
- Man City-Monchengladbach*

*Postponed

Heavy rain in Manchester forced City's game against Borussia Monchengladbach to be called off 20 minutes before kickoff.

Coach Pep Guardiola's team will try again on Wednesday evening.

Bayern Munich, Guardiola's former team, managed just fine under new coach Carlo Ancelotti. Russia's Champions League newcomer Rostov was soundly beaten 5-0 in Munich. THE ASSOCIATED PRESS



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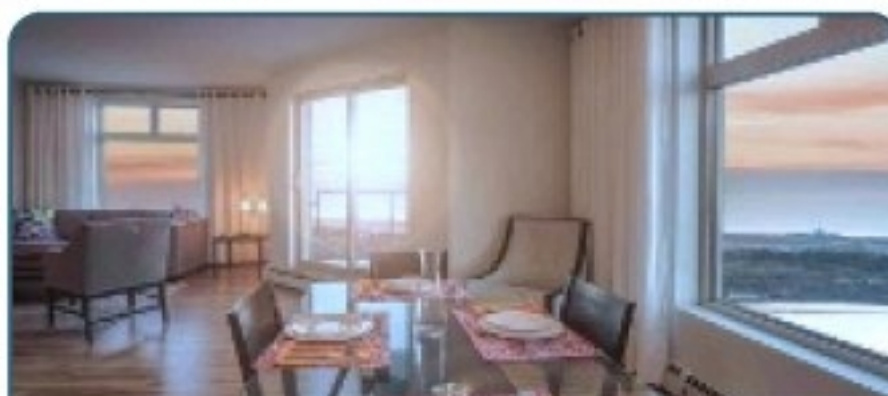
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RECIPE Asian Chicken Salad



PHOTO: MAAYA VISINYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Crunchy textures and satisfying flavours makes this restaurant copycat come to life at home.

Ready in 30 minutes

Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 2 chicken breasts
- 1/4 - 1/2 head of purple cabbage, thinly sliced
- 1/4 - 1/2 head of green cabbage, thinly sliced
- 2 carrots, shredded
- 1 red pepper, thinly sliced
- 1/2 cucumber, peeled and sliced
- 2 spring onions, sliced
- handful cilantro, chopped
- 1/3 cup peanuts, chopped (optional)

Dressing

- 1 Tbsp sesame oil

- 1 Tbsp soy sauce
- 1/2 tsp sriracha
- 1 Tbsp vegetable oil
- 1 tsp fish sauce
- 1 tsp sugar

Directions

1. Fill a skillet with water and season with salt and pepper. Bring to a simmer. Place chicken breasts in the water and cook 10 to 12 minutes, depending on how thick the breasts are. Remove meat from skillet and place on a clean plate. Use two forks to shred the chicken.

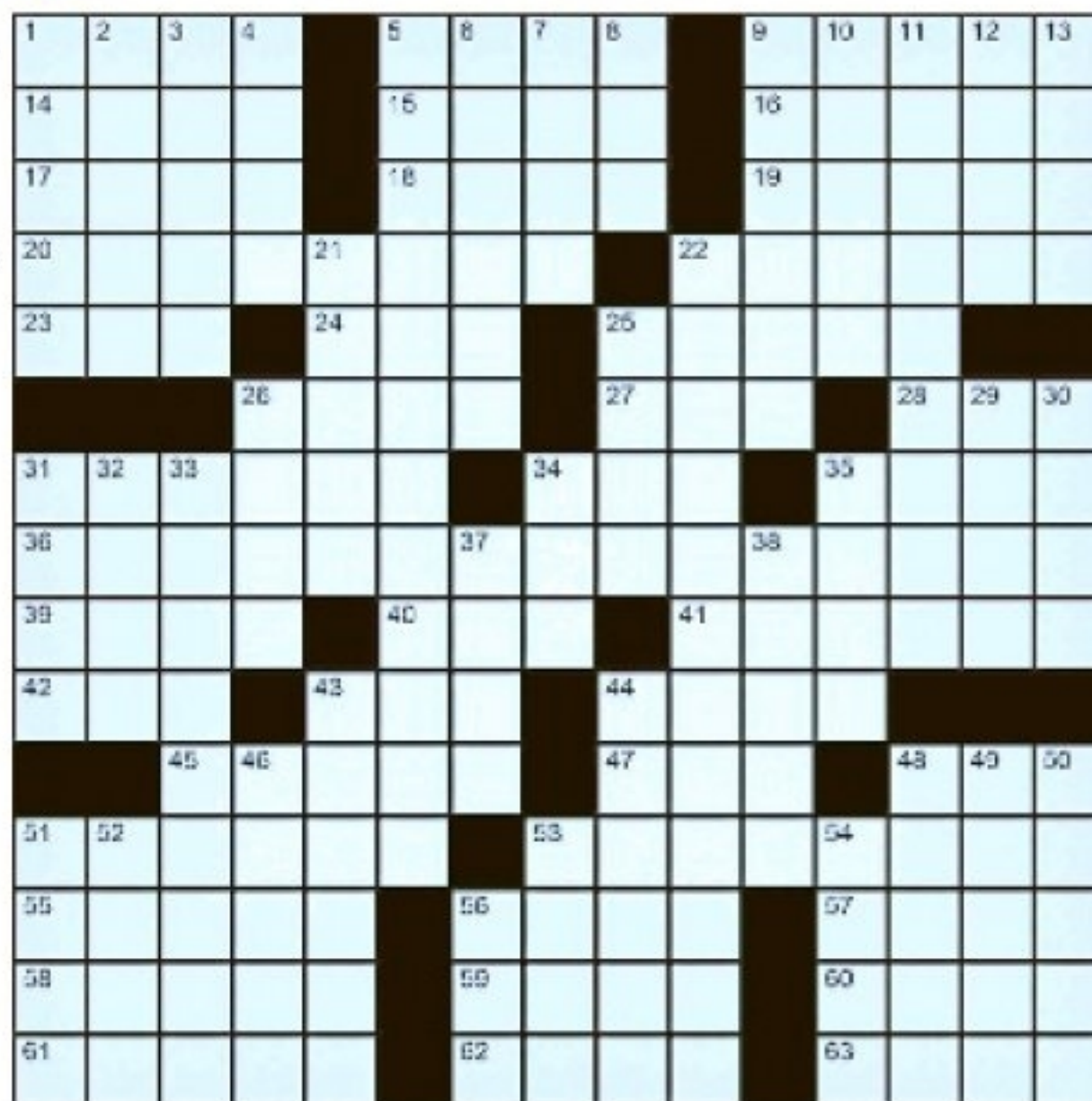
2. In a small bowl, whisk together the dressing ingredients

3. In a large serving bowl, toss together the vegetables and chicken. Drizzle dressing over the salad and toss again. Serve the salad in bowls and garnish with cilantro and chopped peanuts.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

- Red Hot Chili Peppers song: _ Tissue
- Health food berry
- Singer/guitarist Colin
- Alan _ Jr. (Skipper on Gilligan's Island)
- Uma's The Producers (2005) character
- "What _ to do then?"
- "Mr. Holland's _" (1995)
- New Mexico's artist colony
- "I wouldn't _ _" (Craver's comment-starter)
- Top-connected-to-bottom outfit
- Public park flapper
- "_ magic!"
- "I'm not quite sure..."
- Cloudless in the daytime sky
- Microscope piece
- Ms. Schumer
- "El _" (1961)
- Real
- Point
- Sunburn soother
- Early Paul Anka hit: 4 wds.
- Neutral hue
- Belonging to Irish writer George William Russell's pen name
- Flip over the Closed sign
- Rush (2013) director Mr. Howard
- Midianite royal
- Piece of cake
- In theatres Sept. 23 ... The Magnifi-

- cent _ (2016)
- I Will Follow _ by Little Peggy March
- "Eureka!"
- Metric milk measures
- Put the old papers in the blue box
- Birdlike
- Central _ ("Friends")

- hangout)
- Mr. Driver of movies
- Waltz, in Paris
- Station, in Sherbrooke
- Matthew the Apostle
- Curl the lips
- _ acetate (Ba-

- nana oil)
- Fuss

DOWN

- Japanese decor screen
- Head, in Latin
- Grads
- Aretha Frank-

- lin... -E-C-T / Find out what it means to me.
- Soon they'll be dazzling the trees: 2 wds.
- Small _ Court
- Frequently: 2 wds.
- '_' in Ingersoll
- Martin Short's talk

- show host character Mr. Glick
- _ of the Times by Petula Clark
- Bills fastener: 2 wds.
- 'Within'-meaning prefix
- Mr. Connery
- Cut
- Bread selection
- Expressed
- Beach feast
- Ms. Skye of Say Anything... (1989)
- Agyness _ (British fashion model)
- Yesterday, in Yucatan
- Fashion's Ms. Chanel
- Subway passageway
- Baseball great Mr. Cobb's
- Above
- Chow _
- Sordid
- Fairly fifty-fifty
- 1962: The 4 Seasons title song lady
- Nullify
- Variety of tree
- 1, 2, 3... Lift!
- Fess up
- Loos
- Leo Tolstoy's The Death of _ llych
- Stack of paper
- Herd baby
- 'Green/tee' gr.

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a great day to schmooze with friends and enjoy the company of others. However, it's a poor day to agree to anything important. Remember this for your own benefit.

Taurus April 21 - May 21
Do not volunteer for anything today or make an important commitment, especially with your boss or an authority figure in your life. Wait until tomorrow to do this.

Gemini May 22 - June 21
Travel will be loosey-goosey today. If you are thinking of making travel plans for the future, this is a poor day to make plans. Likewise, it's a poor day for important decisions about medicine and the law.

Cancer June 22 - July 23
If you are trying to collect a debt or settle a dispute about inheritances and shared property, postpone this for another day. Whatever you initiate today will come to nothing.

Leo July 24 - Aug. 23
The Moon is opposite your sign today, which means you have to go more than halfway when dealing with others. Be ready to accommodate them, but agree to nothing important.

Virgo Aug. 24 - Sept. 23
Just accept the fact that this is an errorprone day at work. Go with the flow and don't be on anyone's case. Chill out.

Libra Sept. 24 - Oct. 23
This is a highly creative day for you. If you work in the arts or in any creative field, you will be imaginative and original. Enjoy playful times with children.

Scorpio Oct. 24 - Nov. 22
This is a good day to hide at home and just cocoon. Whatever you do, do not make purchases, except for food and gas.

Sagittarius Nov. 23 - Dec. 21
This is a casual, conversational day. Enjoy the company of others, especially siblings and relatives. However, agree to nothing important.

Capricorn Dec. 22 - Jan. 20
Postpone all financial decisions for another day. If shopping, keep your receipts, but ideally, only spend your money today on food and gas.

Aquarius Jan. 21 - Feb. 19
For most of this day, the Moon is in your sign, but it is working at a disadvantage. This means you should be careful about impulsive decisions. Think twice.

Pisces Feb. 20 - March 20
Research of any kind will go well today because your mind is open to searching in new directions. However, postpone important decisions until tomorrow or later in the week.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

						2		
		9	2				3	
6	8	3		7				9
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		6						

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